

Friends Trail Mix

Makes: 16 or 64 Servings

16 Servings

64 Servings

Ingredients	Weight	Measure	Weight	Measure
Multi-grain Chex ®		3 cups		12 cups
Cheerios ®		3 cups		12 cups
Raisins (optional)		2/3 cup		2 2/3 cups
Apricots, dried, chopped (optional)		1/3 cup		1 1/3 cups
Kix ® cereal		3 cups		12 cups
Finely chopped almonds, walnuts or pistachio nuts (optional)		2/3 cup		2 2/3 cups
Soy nuts (only for children 6 years and older, optional)		2 2/3 cups		10 2/3 cups
Pretzels (only for children 5 years and older)		2 2/3 cups		10 2/3 cups

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	95	
Total Fat	1 g	
Protein	2 g	
Carbohydrates	23 g	
Dietary Fiber	2 g	
Saturated Fat	NA	
Sodium	139 mg	

Directions

1. Toss cereal, dried fruit and chopped nuts together.
2. Serve in re-sealable bags or plastic cups.

Notes

Serving Tips: Trail mix is a fun way to get kids involved in making their own snack. Let them scoop their own servings with a tablespoon or pre-measured scoops. Give them a variety of healthy options to choose from to design their own. Knowing that they made the snack themselves will make them more likely to eat it!