

BUILD YOUR OWN Trail Mix

Choose from your favorite ingredients and make it your own!

Prep Time: 10 minutes
Total Time: 10 minutes



GRAIN



4 cups whole-grain
cereal O's



4 cups whole-grain
cereal squares



8 cups 94% fat-free
microwave popcorn

FRUIT



1 cup
raisins



1 cup dried
cranberries



1 cup dried
banana chips

PROTEIN



$\frac{3}{4}$ cup unsalted
peanuts



$\frac{3}{4}$ cup unsalted
almonds



$\frac{3}{4}$ cup sunflower
seeds

Directions:

- Select a grain, fruit, and protein.
- Mix grains, fruit, and/or protein choices in a bowl.
- To add flavor, spray trail mix with nonstick cooking spray and toss with your choice of seasonings, such as ground cinnamon, chili powder, or unsweetened cocoa powder.
- Makes 4 servings.
- As you become more familiar with the recipe, try adding or replacing with different grains, fruits, and protein options.

**Eat Smart
Move More**

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