



Trail Mix

Serving Size: 2

Ingredients:

- 1/2 Cup Cheerios
- 1/2 Cup Cheese Crackers
- 1/2 Cup Pretzels
- 1/4 Cup Dried Fruit

Optional: Add dried vegetables, nuts, granola or chocolate chips to include every food group!

Instructions:

1. In a large bowl, add ingredients.
2. Mix together ingredients with a spoon.
3. Separate into two bowls.
4. Enjoy!

