

# Trail Mix

## Ingredients:

15 oz Multigrain Cheerios  
10 oz Roasted Almonds  
16 oz Dry Roasted Peanuts  
10 oz Ocean Spray Craisins  
12 oz Dark Chocolate chips



## Mixing Instructions:

1. Combine all ingredients into a mixing bowl.
2. Mix well.
3. Measure out 1 cup of trail mix and put into a snack size Ziplock bag.

Nutrition Facts: Serving Size = 3/4 cup      Servings per contain = about 35

Calories: 241      Total Fat: 14 g      Cholesterol: 0 mg      Sodium: 88 mg

Total Carbohydrate: 27 g      Dietary Fiber: 4 g      Protein: 7 g