

Recipe card instructions:

For best results, print two-sided cards on heavyweight paper, such as card stock. Select the “flip on short edge” print setting to ensure the back side of the card isn’t upside down. Cut out each card along dashed lines.

Trail Mix

- Crisp no- or low-sugar cereal, such as Crispix
- Oat cereal, such as Cheerios
- Small pretzels
- Small animal-shaped cookies, such as animal crackers or Teddy Grahams
- Raisins or other dried fruit

Put each food into a separate small bowl. Place one spoonful from each bowl into a small plastic bag. Shake the bag to mix.

Source: University of Missouri Extension Family Nutrition Education Programs



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Notes:

- Nutrition per serving varies with ingredients used.
- This is a great recipe to make with children.

Nutrition Facts	
Serving Size 1/2 cup	
Amount Per Serving	
Calories	111
<hr/>	
% Daily Value*	
Total Fat <1g	0%
Sodium 145mg	6%
Total Carbohydrate 27g	21%
Dietary Fiber 2g	7%
Protein 2g	
<hr/>	
Vitamin A 0%	Vitamin C 5%
Calcium 2%	Iron 6%
<hr/>	
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	

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