



POWER-TO-PLAY TRAIL MIX

MAKES 4 SERVINGS

INGREDIENTS

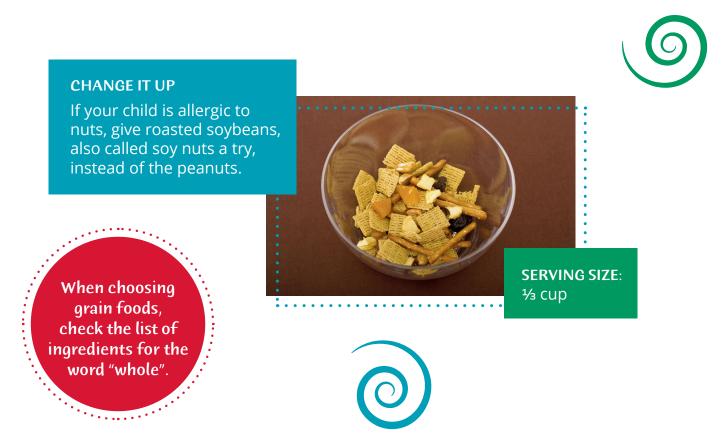
 1 cup whole grain cereal (try to choose a cereal with no more than 5 grams sugar and at least two grams fiber per serving)



- ¼ cup peanuts
- ½ cup sunflower seeds (optional)
- ½ cup raisins, dried cherries or cranberries, or diced dried apricots

DIRECTIONS

- 1. Wash hands for 20 seconds with warm water and soap, have children wash their hands too.
- 2. Mix all ingredients in a large bowl.
- 3. Scoop into small containers or snack-size plastic bags for grab-and-go snacking.





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