

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.

CHANGE IT UP

If your child is allergic to nuts, give roasted soybeans, also called soy nuts a try, instead of the peanuts.

When choosing grain foods, check the list of ingredients for the word "whole".



SERVING SIZE:
⅓ cup

