

Hikers Trail Mix

Yield: 6 servings

Ingredients:

- 7 ounces dried fruit (try cherries, pineapple or raisins), approx. 3 cups
- 5 ounces mixed nuts (try peanuts, walnuts, almonds), approx. 1 cup
- 3½ ounces granola, approx. 1 cup

Directions:

- Combine all ingredients
- Make sure to store in an airtight container to keep fresh

Vary it up! Try these other great ingredients to keep variety in your trail mix: Sunflower seeds, pumpkin seeds, 100% whole grain cereal (Cheerios™ or Wheat Chex™), sesame sticks, dark chocolate chips, yogurt covered raisins and popcorn.

(continued)

Nutrition Facts: Per serving/2.5 ounces or $\frac{3}{4}$ cup

Calories: 230

Fat: 13 g

Sodium: 67 mg

Carbohydrates: 25 g

Fiber: 3 g

Protein: 6 g

Source:

Revised from *www.foodnetwork.com*



Workforce Health