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.
**Nutrition Facts:** Per serving/2.5 ounces or ¾ cup

- Calories: 230
- Fat: 13 g
- Sodium: 67 mg
- Carbohydrates: 25 g
- Fiber: 3 g
- Protein: 6 g

Source:
Revised from www.foodnetwork.com