

## Trail Mix

- 1/2 cup lightly salted peanuts
- 1/2 cup unsalted almonds
- 1/2 cup dried apple pieces
- 1/2 cup dried cranberries
- 1/2 cup oat circles
- 1/2 cup unfrosted whole wheat cereal squares



Mix all ingredients in a large bowl. Stir well. Divide into seven equal amounts in small resealable plastic bags.

Serves 7 (1/2 cup per serving).

<b>Nutrition Facts</b>		
Servings per recipe: 7		
<b>Calories 179</b>	Calories from fat 99	
	% Daily Value	
<b>Total Fat</b> 11g	16%	
Saturated Fat 1g	6%	
<b>Cholesterol</b> 0mg	0%	
<b>Sodium</b> 50mg	2%	
<b>Carbohydrate</b> 20g	7%	
Dietary Fiber 4g	15%	
<b>Protein</b> 5g	10%	
Vitamin A: 2%	Vitamin C: 5%	Folacin: 9%
Calcium: 4%	Iron: 10%	Potassium: 4%