



Trail Mix of Champions

- 4 cups High fiber cereal (5 grams of fiber or more per serving)
- 1 cup Unsalted Nuts (Any mixture of Walnuts, Almonds and Pistachios)
- ½ cup Dried fruit (Mixture of cranberries, raisins and/or dried apples)

Package in **snack size** zip lock bags to avoid over snacking
A handful chocolate chips may add a nice touch.

Makes 8 snack size bags

Nutritional Information:

Calories: 240	Total Fat: 14g
Saturated Fat: 1.29g	Carbohydrate: 7.25g
Total Dietary Fiber: 5.81g	Protein: 7.45g