

Energizing Trail Mix

Ingredients:

- raisins
- sunflower seeds
- craisins
- pepitas
- some type of grain (cereal or pretzel nugget)

Directions:

Stir ingredients together. Enjoy!



Pump it Up: Stand on your tip toes and stretch to reach the highest thing in your cupboard. Take it out and put it back 10 times.



Food for Thought: This balanced snack contains 3 food groups! The whole grains will give you long lasting energy, the nuts or seeds are packed with protein to help you feel full, and the dried fruit is an excellent source of fiber- which will keep your digestive tract on track!

Tasty Thoughts: _____

