



## Nut Free Trail Mix

Number of servings: 5

Serving size: ½ cup

### Ingredients:

2 cups of your favorite nut-free cereals\* (Wheat Chex, Heart to Heart, Cheerios, Quaker Oatmeal Squares, etc.)

¼ cup dried fruit (raisins, craisins, chopped dates, banana chips, chopped apricot, etc.)

¼ cup roasted and unsalted sunflower seeds or pepitas

\*Go cereals have 3 grams or more of fiber and 9 grams or less of sugar.

### Directions:

Mix ingredients together in a bowl and enjoy!

**MyPlate servings:** ½ serving of grains, ½ servings of protein

**Pump it Up:** Play outside with your friends or family! Try a game of tag, a bike ride, a park, a walk, sledding, swimming, gardening. Get creative! What's your favorite outdoor activity?

**Food for Thought:** This sensational snack has fiber which keeps you full and protein which helps build muscle.

## Nutrition Facts

Serving Size 1/2 cup  
Serving Per Container 5

Amount Per Serving		% Daily Values*	
<b>Calories</b> 134			
<b>Total Fat</b> 4g			<b>6%</b>
Saturated Fat 1g			<b>5%</b>
Trans Fat 0g			
Polyunsaturated Fat 2g			
Monounsaturated Fat 1g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Potassium</b> 163mg			<b>5%</b>
<b>Sodium</b> 169mg			<b>7%</b>
<b>Total Carbohydrate</b> 24g			<b>8%</b>
Dietary Fiber 3g			<b>12%</b>
Sugars 7g			
<b>Protein</b> 4g			<b>8%</b>
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

\***Nutrition Analysis:** performed using <https://www.supertracker.usda.gov>

Preparing with Wheat Chex, raisins and sunflower seeds.