

Nut-Free Trail Mix

Ingredients:

- 2 cups of your favorite nut-free Go 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 sunflower seeds or pepitas

Directions: Mix ingredients together and enjoy! Get creative! What would you like in your healthy trail mix?

*Go Cereals have 3 grams or more of fiber and 9 grams or less of sugar



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.

Tasty Thoughts: _____

