

Easy Trail Mix Recipe

What You Need

- 2 cups low-sugar, whole-grain cereal
- 1 cup raisins
- 1 cup dried fruit, like cranberries, apricots, apples or papaya
- 1 cup nuts, like walnuts, almonds or pistachios
- 1 cup sunflower seeds or pumpkin seeds (pepitas)
- 1 cup dark chocolate chips
- Large bowl
- Small zip-top bags

Directions

- Wash your hands.
- Put all ingredients into a large bowl.
- Mix it up with your hands.
- Put 2 handfuls of the trail mix in a zip-top bag and seal.
- Keep putting trail mix into bags until the bowl is empty.