

Trail Mix

Ingredients

- 1-1/2 cups cheerios
- 1-1/2 cups raisins
- 3-1/2 cups whole grain cheddar goldfish crackers

Directions

1. Mix all ingredients together in a large bowl and portion into 1/2 cup portions.

Notes

Number of Portions: 4

Serving Size: 1/2 cup

Nutrition Facts: 420 calories, 8.39 g fat, 1.65 g saturated fat, 448 mg sodium, 81.56 g carbohydrate, 5.83 g fiber, 4.9 g sugar, 6.92 g protein

