

## Trail Mix 'n Munch

Carry a small bag of this energizing mix when you're on the move – traveling or hiking.

- |   |   |
|---|---|
| 1 cup <i>whole-wheat cereal squares</i> | ½ cup <i>chopped walnuts</i>                    |
| ½ cup <i>dried cranberries</i>          | ½ cup <i>roasted almonds</i> , unsalted         |
| ½ cup <i>raisins</i>                    | ¼ cup <i>toasted sunflower seeds</i> , unsalted |
| ½ cup <i>dried apricots</i> , chopped   | ¼ cup <i>toasted pumpkin seeds</i> , unsalted   |

Toss all ingredients together in a large bowl. Keep your trail mix fresh in sealed containers in the refrigerator.

MAKES 4 CUPS (16 ¼-cup servings)

<b>Per serving:</b>	125 calories	3g protein	7g fat	14g carbs	2g fiber	30mg sodium
---------------------	--------------	------------	--------	-----------	----------	-------------

*Note:* Nutrient counts are estimates only as exact contents of the mix will vary per serving.