

Lift-Off!'s Mountain Magic Trail Mix



Ingredients:

- 1 cup multigrain Chex® cereal
- 1 cup Fruity Cheerios®
- ½ cup chocolate covered raisins
- ½ cup yogurt covered raisins
- 1 cup pretzel wheels or other small pretzel

Instructions:

Mix all ingredients in bowl until well blended. Enjoy!
Tip: Watch the raisins don't melt in the hot sun!

Serves: 4 people

Nutrition Information for 1 serving:

310 calories, 8 g total fat (18% calories from fat),
4 g saturated fat (11.6% calories from saturated fat),
330 mg sodium, 3 g fiber.

Special Parents' Tip:

You can reduce the sodium by using low salt or no-salt pretzels.

