

powerUP

Trail Mix

INGREDIENTS

- 1/2 cup whole grain cereal such as Cheerios or Raisin Bran
- 1/2 dried cranberries
- 1/2 cup raisins
- 1/2 cup honey roasted almonds*
- 1/2 cup sunflower seeds
- 1/2 cup diced dried apricots

DIRECTIONS

Dice apricots and mix all ingredients in a large bowl. Portion and scoop into 6 small bowls or airtight

Nutrition

Per serving: 164 calories; 5 g fat; 29 g carb; 2 g protein

PowerUp your meal!

This Powered Up recipe provides 3 of the 5 food groups! Toss in some extra yummy fruit, protein packed nuts or seeds, or crunchy granola, then serve with a glass of low-fat milk or water to PowerUp all day long!

Serves 6

KIDS IN THE KITCHEN

Kids can help prepare this recipe by combining ingredients and mixing well! Count to six and divide up the mix into separate bowls for breakfast or baggies for a protein packed snack on the go.