



MyPlate2Yours Trail Mix

MyPlate2Yours - Lynn Dugan

Ingredients

Pick 1 or more whole grain:

Life cereal, Oat squares, Cheerios, Popcorn, Mini Shredded Wheat

Pick 1 or more dried fruits:

Raisins, cranberries, banana chips, apples, apricots, dates

Pick 1 or more nuts/seeds:

Sliced almonds, peanuts, cashews, walnuts, sunflower seeds, soy nuts

If desired, choose a little something sweet:

Dark chocolate chips, M&M's, mini marshmallows, Teddy Grahams

Directions

Mix together in desired amounts in a large bowl Grab a serving. Enjoy!