

# TRAIL MIX



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UNIVERSITY of FLORIDA

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*The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-866-762-2237. TTY/TTD/FRS dial 711. This material was funded by the USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider.*

# TRAIL MIX

PREP TIME: 5 minutes  
COOK TIME: None  
SERVING SIZE: 1/2 cup  
SERVES: 8

## INGREDIENTS

- 3/4 cup unsalted, roasted peanuts
- 1/3 cup raisins
- 1 1/4 cup crispy whole wheat cereal squares
- 1 cup mini pretzels
- 1/3 cup chocolate chips

## MATERIALS

- Large bowl
- Measuring cups
- Zip-top plastic bag

## STEPS

1. In a large bowl, combine peanuts, raisins, cereal, pretzels, and chocolate chips.
2. Place in an air-tight container or zip-top plastic bag. Store in a cool, dry place.

## IDEAS

- Have kids help with any of these steps!
- Use any of your favorite nuts or dried fruit in place of the peanuts and raisins.
- If peanut allergies are a concern, use almonds or sunflower seeds instead.
- Use any whole grain, low-sugar cereal instead of the crispy whole wheat cereal squares.
- This snack is a great way to add fruit, nuts, and whole grains to your day. However, it can be high in calories. Pack 1/2 cup portions.

## Nutrition Facts

Serving Size 1/2 cup (43g)	Serves 8
Amount per serving	
<b>Calories 190</b>	Calories from Fat 90
% Daily Value*	
<b>Total Fat 10g</b>	15%
Saturated Fat 2.5g	13%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	0%
<b>Sodium 85mg</b>	4%
<b>Total Carbohydrate 25g</b>	8%
Dietary Fiber 3g	12%
Sugars 11g	
<b>Protein 5g</b>	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 6%

\*Percent Daily Values are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs.

\*Adapted from Share Our Strength's Cooking Matters.®