

Trail Treats

Throw together this quick treat full of dried fruit, nuts, and delicious grains. Enjoy it as a snack on your next walk through the park or hike.

Makes: 4 servings
Prep Time: 5 minutes

Source: [myplate.gov, recipe/ trail treat](http://myplate.gov/recipe/trail_treat)



Small Changes,
BIG Difference!

Ingredients

Choose Two of These:

- pretzels (1 cup)
- square corn, rice or wheat cereal (1 cup)
- 1 cup round oat cereal
- 1 cup popcorn
- goldfish crackers (1 cup)

Choose Two of These:

- 1/4 cup raisins
- dried cranberries (1/4 cup)
- dried banana chips (1/4 cup)
- dried pineapple (1/4 cup)
- 1/4 cup peanuts
- soy nuts (1/4 cup)

Ingredients used for costing and nutritional analysis:

- round oat cereal
- popcorn
- raisins
- peanuts

Directions

1. Choose the ingredients you want to use.
2. Measure the suggested amounts of chosen ingredients and add to mixing bowl.
3. Mix ingredients using stirring spoon and divide evenly into 4 storage bags.



Nutrition Information	
Serving Size: about 2/3 cup	
Nutrients	Amount
Calories:	119
Total Fat:	6 g
Saturated Fat:	1 g
Cholesterol:	0 mg
Sodium:	94 mg
Total Carbohydrates:	15 g
Dietary Fiber:	2 g
Total Sugars:	6 g
Added Sugars:	0 g
Protein	4 g

Utensils Needed

- Mixing Bowl
- Mixing Spoon
- Measuring Cups
- Measuring Spoons

SHOPPING LIST

Average total cost without oil and seasonings: \$7.05

Average cost/serving: \$1.76

Recipe makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

Ingredients



Add 1 to Cart
Round Oat Cereal 12 oz.



Add 1 to Cart
Yellow Popcorn 30 oz.



Add 1 to Cart
Raisins 1oz-6 pack



Add 1 to Cart
Peanuts 16 oz.

SAVE TIME, SAVE MONEY

My Cooking Notes

Storage Tips

- Best if used within one week to prevent softness of the cereal and popcorn

Cooking Tips

- Raisins can be used in many different recipes such as loaded apple slices, northwest apple salad, or even brown rice pilaf from www.snapedny.org
- All of the trail mix ingredients can be used many different times to even create different versions of trail mix!