



TRAIL MIX

Yields: 4 cups

Ingredients:

- 2 cups circle shaped cereal
- 2 cups square shaped cereal (rice, wheat, corn – one OR more combined)

Directions:

1. In a large bowl, MIX circle shaped cereal and square shaped cereal.
2. STORE in an airtight container.

Variations:

For breakfast add milk and fresh fruit.
 Eat cereals with 100% fruit juice.
 Use a mixture of any 2 or more cereals.
 Add pretzels, nuts, and/or dried fruit.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

TRAIL MIX

Yields: 4 cups

Ingredients:

- 2 cups circle shaped cereal
- 2 cups square shaped cereal (rice, wheat, corn – one OR more combined)

Directions:

1. In a large bowl, MIX circle shaped cereal and square shaped cereal.
2. STORE in an airtight container.

Variations:

For breakfast add milk and fresh fruit.
 Eat cereals with 100% fruit juice.
 Use a mixture of any 2 or more cereals.
 Add pretzels, nuts, and/or dried fruit.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.