

# SINGLE-SERVING TRAIL MIX

## INGREDIENTS

- 1 tablespoon diced dried mango
- ¼ cup square-shaped whole grain cereal
- ¼ cup o-shaped whole grain cereal
- ¼ cup small pretzels
- 1 tablespoon peanuts

Sandwich bag

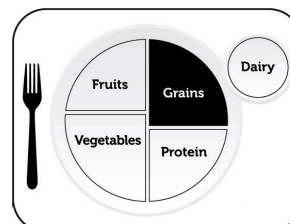
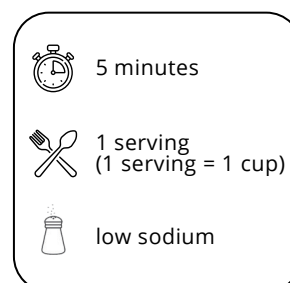
## DIRECTIONS

Always practice food safety when cooking.

- 1) Dice dried mango into ¼ inch pieces. Place in sandwich bag.
- 2) Add square-shaped and o-shaped cereal into bag.
- 3) Add pretzels into bag.
- 4) Add peanuts into bag.
- 5) Seal bag tightly.
- 6) Shake bag until all ingredients are thoroughly mixed.

## NOTES

- Add popcorn as another whole grain ingredient.
- Other dried fruits can be used in place of mango.
- Other nuts or seeds can be used instead of peanuts.
- Multiple single-serving bags can be made at once and stored in the refrigerator to be eaten within 3 to 4 days.



Nutrition Facts	
1 servings per container	
Serving size	1 cup (45g)
Amount per serving	
<b>Calories</b>	<b>200</b>
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 29g	11%
Dietary Fiber 2g	7%
Total Sugars 13g	
Includes 9g Added Sugars	18%
<b>Protein 5g</b>	
Vitamin D 1mcg	6%
Calcium 71mg	6%
Iron 4mg	20%
Potassium 158mg	4%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.