



 UHS

**kids**  
**Stay Healthy**

**A recipe for a healthier you!**

# Mason's Mix

## Trail Mix Recipe

### Ingredients:

2 1/4 cups whole grain cereal (example: Cheerios)

1 cup dried fruit (example: raisins)

1/4 cup chocolate (example: M & M's)

1/4 cup nuts (example: peanuts)



**Directions:** Mix together all of the above ingredients and enjoy!

**Suggestion:** Split recipe into 12 single serving bags for an easy grab-n-go snack!

**Servings per recipe:** 12 servings

**Nutrition Facts (per serving):** 100 calories, 2.5 grams fat, 1 gram saturated fat, 0 mg cholesterol, 60 mg sodium, 18 grams carbohydrate, 2 grams fiber, 13 grams sugar, 2 grams protein, 4% DV Vitamin A, 4% DV Vitamin C, 2% DV Calcium, 10% DV Iron