



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

Bountiful Backpack

Take-Along Trail Mix



Serves: 16

Serving Size: ½ cup

Ingredients:

- 2 cups unsweetened cereal (Cheerios™, Wheat Chex™, etc.)
- 2 cups lightly sweetened cereal (Honey Nut Cheerios™, Frosted Mini-Wheats®, Life®)
- 2 cups small pretzel twists
- 1 cup dried fruit
- 1 cup peanuts

Directions:

1. Wash hands.
2. Mix together all ingredients in a large bowl.
3. Store in an airtight container in cupboard for about 1 week, or freeze for several weeks.

Notes:

Measure ½ cup amounts into snack-size plastic bags so they're ready to grab and go.

Nutrition Facts

16 servings per recipe

Serving size ½ cup (28g)

Amount Per Serving

Calories **120**

% Daily Value*

Total Fat 5g **6%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 180mg **8%**

Total Carbohydrate 17g **6%**

Dietary Fiber 2g **7%**

Total Sugars 8g

Includes 0g Added Sugars **0%**

Protein 3g **6%**

Vitamin D 0mcg **0%**

Calcium 52mg **4%**

Iron 1.8mg **10%**

Potassium 0mg **0%**

Vitamin A **4%**

Vitamin C **4%**

* The % Daily Value (DV) 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.

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