

Crunchy Trail Mix



Recipe credit

Adapted from [Food Hero Oregon State University](#)

About this recipe

Serves

Makes 5 ½ cups

Time to make

5 Minutes

Special criteria

[Whole grains recipes](#)

Ingredients

- 1 cup square-type whole grain cereal
- 1 cup o-type whole grain cereal

- 1 cup puff-type whole grain cereal
- 1 cup dried fruit (raisins, craisins, banana chips, etc) of your choice
- 1 cup small pretzels
- ½ cup chocolate chips

Directions

1. Measure and add all ingredients to a large bowl.
2. Stir all ingredients together.
3. Store in an airtight container.
4. Optional: Put trail mix in a small container and a ribbon for a tasty gift.

Nutritional info

Calories

140

Total fat

4 gms

Saturated fat

.5 gms

Cholesterol

0

Sodium

130 mg

Total carbohydrates

26 gms

Dietary fiber

2 gms

Protein

3 gms

Total sugar

20 gms

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