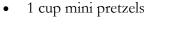


Trail I



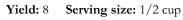
- 3/4 cup sunflower seeds
- 1/3 cup craisins
- 11/4 cup Cheerios



• 1/3 cup chocolate chips



Directions



Total cost: \$4.05 **Serving cost:** \$0.51

- In a large bowl, combine all ingredients.
- Place in an air-tight container or zip-lock bag. Store in a cool, dry place.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



Directions

Yield: 8 Serving size: 1/2 cup

Total cost: \$4.05 Serving cost: \$0.51

• In a large bowl, combine all ingredients.

• Place in an air-tight container or zip-lock bag. Store in a cool, dry place.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



Fast Facts







Cooking Tips 📃 🧧

- Use any of your favorite seeds/nuts or dried fruit in place of the sunflower seeds and craisins.
- Use any whole grain, low-sugar cereal instead of Cheerios.

Nutrition Fa	acts
8 servings per container	
Serving size	1/2 cup
Amount Per Serving	
Calories	210
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 2.2g	11%
Trans Fat 0g	
Cholesterol Omg	0%
Sodium 85mg	4%
Total Carbohydrate 28g	10%
Dietary Fiber 3g	11%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 5g	10%
Vitamin D 0.2mcg	0%
Calcium 39mg	4%
Iron 2.7mg	15%
Potassium 188mg	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.	

Second Harvest is an equal opportunity provider.

