



# Trail Mix



## Ingredients



- 3/4 cup sunflower seeds
- 1 cup mini pretzels
- 1/3 cup raisins
- 1/3 cup chocolate chips
- 1 1/4 cup Cheerios



## 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](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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# Fast Facts



## Featured Food Groups



## Cooking Tips



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

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	1/2 cup
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>210</b>
% Daily Value*	
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 2.2g	<b>11%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 85mg	<b>4%</b>
<b>Total Carbohydrate</b> 28g	<b>10%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 8g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 5g	<b>10%</b>
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.



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