

MFit Trail Mix

[Recipe from hands-on MFit Culinary Class 11/06/02 “Kids Can Cook.”]

Servings: 4

- 1 cup Honey nut Cheerios[®]
- 1 cup Multi-Bran Chex[®]
- 1 cup Shredded wheat[®], preferably mini frosted
- ½ cup mini pretzels
- ¼ cup M & Ms[®] plain chocolate candies
- ¼ cup silvered almonds, or your favorite nut
- ¼ cup raisins, seedless
- ¼ cup dried cherries, or craisins

Combine all ingredients into a zip seal bag and shake well to mix.

Per Serving (excluding unknown items): 286 Calories; 9g Fat (25.9% calories from fat); 6g Protein; 51g Carbohydrate; 2mg Cholesterol; 170mg Sodium.
Exchanges: 2 Grain(Starch); 1 Fruit; 1 ½ Fat; ½ Other Carbohydrates; 5g Dietary Fiber