

Ingredients:

- 1 cup dried apricots, chopped
- 1 cup dried cranberries
- 1 cup walnuts, chopped
- 3/4 cup pumpkin seeds
- 3/4 cup sunflower seeds
- 1 1/2 cups whole grain cereal
- 1 tsp cinnamon

Energy Trail Mix
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Directions:

1. Wash your hands with soap and warm water.
2. Mix apricots, cranberries, walnuts, seeds, and cereal in a bowl.
3. Sprinkle some of the cinnamon and stir. Repeat until all is covered.
4. Divide trail mix into 8 baggies.

Nutrition Facts (Per Serving)

Calories, 304; Carbohydrate, 35 g; Protein, 7 g; Total Fat, 18 g; Saturated Fat, 0 g; Trans Fat, 0 g; Cholesterol, 0 mg; Fiber, 6 g; Total Sugars, 20 g; Sodium, 201 mg; Calcium, 60 mg; Folate, 84mcg; Iron, 4 mg; Percent Calories from Fat, 53%.

Makes 8 servings, approximately 3/4 cup each.

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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