



## **Fast and Easy Trail Mix**

Allow your child to mix-up their favorite combination of the following items:

Whole Grain Cereals: Cheerios, Wheat Chex, Oatmeal Squares, Granola

Mini Pretzels, Animal Crackers

Dried Fruits: Raisins, Cranberries, Pineapple, Mango

Nuts and/or Seeds: Peanuts, Cashews, Almonds, Sunflower, Pumpkin

