

Trail Mix

Component: Grain

Recipe Category: Snack

Recipe: USDA Mixing Bowl

	48 Servings		_____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
WGR rice squares cereal such as Rice Chex ®		12 cups			1. Toss cereal and dried fruit together.
Toasted oat cereal such as Cheerios ®		12 cups			2. Serve in re-sealable bags or plastic cups.
Raisins, chopped (only for SAC and MST)		2 $\frac{2}{3}$ cups			Note: Dried fruit is not appropriate for younger children.
Apricots, dried, chopped (only for SAC and MST)		1 $\frac{1}{3}$ cups			Serving Tips: Trail mix is a fun way to get children involved in making their own snack. Let them scoop their own servings with a tablespoon or pre-measured scoops. Give them a variety of healthy options to choose from to design their own. Knowing that they made the snack themselves will make them more likely to eat it!
WGR corn puffs cereal such as Kix ® cereal		12 cups			
Pretzels (only for SAC & MST)		8 cups			

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Notes:

Nutrient information calculated using Food Processor
Table 1 analysis without dried fruit and without pretzels
Table 2 analysis with pretzels but without dried fruit
Table 3 analysis with dried fruit and with pretzels

Serving: About $\frac{3}{4}$ cup provides 1 serving grain

1-2 years: $\frac{1}{4}$ cup

3-5 years: $\frac{1}{3}$ cup

6-18 years: $\frac{3}{4}$ cup

Table 1

Nutrients Per Serving without dried fruit and without pretzels

Calories	73	Saturated Fat	0.17 g	Iron	6.49 mg
Protein	1.74 g	Cholesterol	0 mg	Calcium	87.25 mg
Carbohydrate	15.84 g	Vitamin A	159.57 RAE mcg	Sodium	125.16 mg
Total Fat	0.81 g	Vitamin C	4.53 mg	Dietary Fiber	1.32 g

Table 2

Nutrients Per Serving with pretzels but without dried fruit

Calories	102	Saturated Fat	0.17 g	Iron	6.96 mg
Protein	2.27 g	Cholesterol	0 mg	Calcium	87.25 mg
Carbohydrate	21.90 g	Vitamin A	159.57 RAE mcg	Sodium	278.08 mg
Total Fat	1.07 g	Vitamin C	4.53 mg	Dietary Fiber	1.58 g

Table 3

Nutrients Per Serving with dried fruit and with pretzels

Calories	142	Saturated Fat	0.17 g	Iron	7.38 mg
Protein	2.60 g	Cholesterol	0 mg	Calcium	93.90 mg
Carbohydrate	31.66 g	Vitamin A	161.23 RAE mcg	Sodium	280.30 mg
Total Fat	1.07 g	Vitamin C	4.53 mg	Dietary Fiber	2.36 g