



HEALTHY COOKING

Healthy Trail Mix

Serving: 1

Ingredients:

1/2 cup pretzels

1/4 cup Cheerios (or any whole grain cereal)

2 Tbsp. raisins (or any dried fruit)

2 Tbsp. peanuts (or any nut)

Directions:

1. Combine all ingredients in a snack-size plastic bag.
2. Enjoy!

Calories: 200