



Trail Mix – School Edition

4 Servings • 1 Serving = ¼ Cup

INGREDIENTS

- 1 cup popped popcorn
- 1 cup whole grain cheerios
- ¼ cup dark chocolate chips
- ¼ cup pumpkin seeds
- ½ cup dried cranberries
- ½ cup pretzels

DIRECTIONS

1. Combine all ingredients in a bowl.

Nutrition Facts	
10 servings per container	
Serving size	1/4 cup
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 4g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 16g	6%
Dietary Fiber 1g	4%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 11mg	0%
Iron 2mg	10%
Potassium 58mg	2%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

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