

# Trail Mix- Pre-K

4 Servings • 1 Serving = ¼ Cup

## Tips on Pumpkin Seeds



### How To Store

Store at room temperature in a sealed container.



### How To Use

Add to salads, or blend into sauces and soups.



### Health Benefits

A great source of antioxidants, iron, zinc, and magnesium.

## INGREDIENTS

- 1 cup wheat Chex cereal
- 1 cup Kix cereal
- 1 cup unsweetened coconut flakes
- ½ cup raisins
- ½ cup dark chocolate chips
- ½ cup pumpkin seeds

## DIRECTIONS

- Combine all ingredients in a bowl. Store in a sealed container for up to one week.

Nutrition Facts	
10 servings per container	
<b>Serving size</b>	<b>1/4 cup (57g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>250</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 14g	<b>18%</b>
Saturated Fat 9g	<b>45%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 70mg	<b>3%</b>
<b>Total Carbohydrate</b> 35g	<b>13%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 16g	
Includes 5g Added Sugars	<b>10%</b>
<b>Protein</b> 5g	
Vitamin D 1mcg	6%
Calcium 53mg	4%
Iron 7mg	40%
Potassium 383mg	8%

\*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.



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