

# HOMEMADE TRAIL MIX

SERVES 5 · 1 MIN.

## Ingredients:

Combine ¼ cup unsweetened dried apricots  
¼ cup dried cherries (unsweetened)  
¼ cup almonds  
¼ cup walnuts  
¼ cup roasted whole-kernel pumpkin seeds  
5 cups Multi-Grain Cheerios®

## Per Serving:

**Calories:** 260  
**Fat:** 13g  
**Omega-3:** 570mg  
**Cholesterol:** 0mg  
**Sodium:** 210mg  
**Fiber:** 5g  
**Sugar:** 9g  
**Protein:** 8g  
**Vitamin A:** 14%  
**Vitamin C:** 27%  
**Calcium:** 13%  
**Iron:** 116%  
**Magnesium:** 109%  
**Zinc:** 112%

## Nutrition Notes:

Get creative! You can easily customize this trail mix to include your child's favorite nuts, seeds, dried fruit, or even their favorite whole-grain cereal! The nuts and seeds provide healthy fats and proteins, while most whole-grain cereals are fortified with magnesium, zinc, and iron. Just be sure to read the ingredient statements and stay clear of those with added food colorings, dyes, or too much added sugar.

## Preparation:

Mix all ingredients in a bowl and serve.

