

Trail Mix

Makes 14 servings at 1/2 cup each

- 2 cups dried fruit chopped (at least 3 varieties)*
- 1 cup nuts **
- 2 cups pretzels
- 2 cups lowfat cereal or granola



*Dried fruits: dates, figs, plums, raisins, apples, apricots, cranberries, bananas, mangos

**Nuts: almonds, peanuts, cashews, sunflower seeds, walnuts, pistachios

Combine all ingredients in large bowl.

Place 1/2 cup servings in individual containers. Enjoy as a snack or dessert.

Adapted from: *Power Play!* Trail Mix, Public Health Institute, 2003.

For more dried fruit recipes, visit: www.cachampionsforchange.net



Funded by the USDA's Food Stamp Program,
an equal opportunity employer and provider.

Tulare County Office of Education
Jim Vidak, County Superintendent of Schools



Trail Mix

Makes 14 servings at 1/2 cup each

- 2 cups dried fruit chopped (at least 3 varieties)*
- 1 cup nuts **
- 2 cups pretzels
- 2 cups lowfat cereal or granola



*Dried fruits: dates, figs, plums, raisins, apples, apricots, cranberries, bananas, mangos

**Nuts: almonds, peanuts, cashews, sunflower seeds, walnuts, pistachios

Combine all ingredients in large bowl.

Place 1/2 cup servings in individual containers. Enjoy as a snack or dessert.

Adapted from: *Power Play!* Trail Mix, Public Health Institute, 2003.

For more dried fruit recipes, visit: www.cachampionsforchange.net



Funded by the USDA's Food Stamp Program,
an equal opportunity employer and provider.

Tulare County Office of Education
Jim Vidak, County Superintendent of Schools



Trail Mix

Makes 14 servings at 1/2 cup each

- 2 cups dried fruit chopped (at least 3 varieties)*
- 1 cup nuts **
- 2 cups pretzels
- 2 cups lowfat cereal or granola



*Dried fruits: dates, figs, plums, raisins, apples, apricots, cranberries, bananas, mangos

**Nuts: almonds, peanuts, cashews, sunflower seeds, walnuts, pistachios

Combine all ingredients in large bowl.

Place 1/2 cup servings in individual containers. Enjoy as a snack or dessert.

Adapted from: *Power Play!* Trail Mix, Public Health Institute, 2003.

For more dried fruit recipes, visit: www.cachampionsforchange.net



Funded by the USDA's Food Stamp Program,
an equal opportunity employer and provider.

Tulare County Office of Education
Jim Vidak, County Superintendent of Schools



Trail Mix

Makes 14 servings at 1/2 cup each

- 2 cups dried fruit chopped (at least 3 varieties)*
- 1 cup nuts **
- 2 cups pretzels
- 2 cups lowfat cereal or granola



*Dried fruits: dates, figs, plums, raisins, apples, apricots, cranberries, bananas, mangos

**Nuts: almonds, peanuts, cashews, sunflower seeds, walnuts, pistachios

Combine all ingredients in large bowl.

Place 1/2 cup servings in individual containers. Enjoy as a snack or dessert.

Adapted from: *Power Play!* Trail Mix, Public Health Institute, 2003.

For more dried fruit recipes, visit: www.cachampionsforchange.net



Funded by the USDA's Food Stamp Program,
an equal opportunity employer and provider.

Tulare County Office of Education
Jim Vidak, County Superintendent of Schools

