

Mixed-up Trail Mix

Be creative! Add your favorite dried fruits and nuts to make this recipe your own creation.

Serves 20



Ingredients

- 1 cup almonds
- 1 cup walnuts
- 1 cup dried apricots, chopped
- 1 cup dried cranberries
- 1 cup chocolate chips

Directions

1. Mix all ingredients together and store in airtight container.

Nutrition Facts

Serving Size about 1/4 cup
Servings Per Container about 20

Amount Per Serving

Calories 150 Calories from Fat 80

% Daily Value*

Total Fat 9g 14%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 17g 6%

Dietary Fiber 3g 12%

Sugars 12g

Protein 3g

Vitamin A 4% • Vitamin C 0%

Calcium 4% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Please note: nutritional values are approximate.

