

# SMART Trail Mix



## Nutrition Facts

8 servings per container  
Serving size 1/2 cup (33g)

Amount per serving  
**Calories 110**

% Daily Value\*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 55mg 2%

Total Carbohydrate 27g 10%

Dietary Fiber 1g 4%

Total Sugars 14g

Includes 0g Added Sugars 0%

Protein 2g

Vitamin D 0mcg 0%

Calcium 44mg 4%

Iron 2mg 10%

Potassium 175mg 4%

\*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.

**Makes**  
8 servings

**Prep time**  
5 minutes

**Good source of**  
Fat  
Sodium

**Ingredients\*:**

- 1 cup o-shaped
- 1 cup frosted wheat cereal
- 1 cup puffed corn cereal
- 1 cup raisins
- 1/4 cup candy-coated chocolate buttons

Ingredients may be substituted for other whole grain cereals, pretzels, or crackers, and/or nuts, seeds, or other dried fruits

\*Nutritional information will vary based on selection.



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## Directions:

1. Place all cereal, dried fruit, and chocolate pieces in a bowl and mix.
2. Put 1/2-cup portions into small resealable snack bags for on-the-go snack packs.

