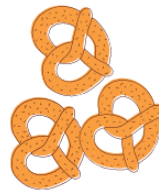


TRAIL MIX

MAKES 1

INGREDIENTS



1/4 CUP
PRETZELS

+



1/4 CUP DRIED
CRANBERRIES

+



1/4 CUP UNSALTED
SUNFLOWER SEEDS

+



1/4 CUP WHOLE
GRAIN CEREAL

INSTRUCTIONS

1. Combine all ingredients into a bowl.
2. Enjoy this on the go snack!



Nutrition Facts

Servings: 1

Amount per serving

Calories

277

% Daily Value*

Total Fat 19g

24%

Saturated Fat 1.7g

9%

Cholesterol 0mg

0%

Sodium 117mg

5%

Total Carbohydrate 20g

7%

Dietary Fiber 5g

18%

Protein 8.9g

Vitamin D 0mcg

1%

Calcium 58mg

4%

Iron 4mg

23%

Potassium 324mg

7%



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