

 **Trail Mix**

INGREDIENTS

* 1 cup almonds
* 1/2 cup chocolate chips or M&M’s
* 1 cup dried fruit
* 1/2 cup dried cranberries
* 1 cup oatmeal squares

DIRECTIONS

1. Measure ingredients and put in a large zip-close bag.

2. Shake to mix.

3. Portion into single-serving zip-close bags.

Makes 16 servings; Serving size: 1/4 cup

Nutrition information per serving: 140 calories, 20 g carbohydrate, 6 g fat, 3 g protein

Source: Courtesy of North Dakota State University Extension Service at www.ndsu.edu/eatamart

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