

## Ingredients:

Energy Trail Mix  
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1 cup dried apricots, chopped  
1 cup dried cranberries  
1 cup walnuts, chopped  
3/4 cup pumpkin seeds  
3/4 cup sunflower seeds  
1 1/2 cups whole grain cereal  
1 tsp cinnamon

## Directions:

1. Wash your hands with soap and warm water.
2. Mix apricots, cranberries, walnuts, seeds, and cereal in a bowl.
3. Sprinkle some of the cinnamon and stir. Repeat until all is covered.
4. Divide trail mix into 8 baggies.

## Nutrition Facts (Per Serving)

Calories, 304; Carbohydrate, 35 g; Protein, 7 g; Total Fat, 18 g; Saturated Fat, 0 g; Trans Fat, 0 g; Cholesterol, 0 mg; Fiber, 6 g; Total Sugars, 20 g; Sodium, 201 mg; Calcium, 60 mg; Folate, 84mcg; Iron, 4 mg; Percent Calories from Fat, 53%.  
Makes 8 servings, approximately 3/4 cup each.

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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