

# No Bake Trail Mix

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This trail mix is easy to make ahead for a healthy snack on the go. Create your own mix using your favourite cereals, dried fruit, nuts and seeds.



## Ingredients:

2 cups	Whole grain wheat squares (cereal)	500 mL
2 cups	Oat ring cereal	500 mL
1 ½ cup	Raisins or other dried fruit	375 mL
½ cup	Unsalted almonds, pumpkin seeds or sunflower seeds	125 mL
1 ounce	Unsalted pretzels	30 g

## Directions:

1. Add all ingredients to a large bowl.
2. Stir together.
3. Store in an airtight container or portion into 6 small zip top bags for grab and go snacks.

**Makes 8 servings (175 mL/ ¾ cup/ 60 g)**

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<b>Nutrition Facts</b>	
Per 1/8 of recipe (175 mL/ ¾ cup/ 60 g)	
Amount	% Daily Value
<b>Calories</b> 220	
<b>Fat</b> 6 g	<b>9 %</b>
Saturated 0 g	<b>0 %</b>
+ Trans 0 g	
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 70 mg	<b>3 %</b>
<b>Carbohydrate</b> 43 g	<b>14 %</b>
Fibre 4 g	<b>16 %</b>
Sugars 18 g	
<b>Protein</b> 5 g	
Vitamin A	0 %
Vitamin C	2 %
Calcium	4 %
Iron	20 %

\*Nutrition analysis used raisins and almonds.

<b>Nutrient Claim</b>	<b>Amount per serving</b>
High in fibre	4 g
Saturated fat free	0.5 g
Low in sodium	70 mg
High in potassium	350 mg
High in magnesium	60 mg
High in iron	2.6 mg

<b>Food Group</b>	<b>Food Guide servings per recipe serving</b>
Vegetables and Fruit	1
Grain Products	1
Milk and Alternatives	0
Meat and Alternatives	0

This is Choose Most Often (Mixed Dish–Vegetarian) according to the Alberta Nutrition Guidelines.