

Trail Mix

Component: Grain

Recipe Category: Snack

Recipe: USDA Mixing Bowl

	48 Servings		_____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
WGR rice squares cereal (such as Rice Chex®)		12 cups			<p>1. Toss cereal and dried fruit together.</p> <p>2. Serve in re-sealable bags or plastic cups.</p> <p>Note: Dried fruit is not appropriate for younger children.</p> <p>Serving Tips: Trail mix is a fun way to get children involved in making their own snack. Let them scoop their own servings with a tablespoon or pre-measured scoops. Give them a variety of healthy options to choose from to design their own. Knowing that they made the snack themselves will make them more likely to eat it.</p> <p><i>Store ready to eat foods in a manner that protects from cross contamination by raw foods.</i></p>
Toasted oat cereal (such as Cheerios®)		12 cups			
WGR corn puffs cereal (such as Kix® cereal)		16 cups			
Raisins, chopped (only for SAC and MST)		2 ² / ₃ cups			
Apricots, dried, chopped (only for SAC and MST)		1 ¹ / ₃ cups			
Pretzels (only for SAC & MST)		8 cups			

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Notes:

Nutrient information calculated using Food Processor.
Table 1 analysis without dried fruit and without pretzels
Table 2 analysis with pretzels but without dried fruit
Table 3 analysis with dried fruit and with pretzels

Serving: About 1 cup

1-5 years: 5/8 cup (.625 serving made without pretzels)

6-18 years: 1 cup (made with pretzels) or 1 1/8 cup (made without pretzels)

Table 1

Nutrients Per Serving without dried fruit and without pretzels

Calories	80	Saturated Fat	0.18 g	Iron	7.13 mg
Protein	1.89 g	Cholesterol	0 mg	Calcium	98.64 mg
Carbohydrate	17.50 g	Vitamin A	177.15 RAE mcg	Sodium	137.08 mg
Total Fat	0.88 g	Vitamin C	5.04 mg	Dietary Fiber	1.50 g (2016 not available)

Table 2

Nutrients Per Serving with pretzels but without dried fruit

Calories	109	Saturated Fat	0.18 g	Iron	7.60 mg
Protein	2.42 g	Cholesterol	0 mg	Calcium	98.64 mg
Carbohydrate	23.56 g	Vitamin A	177.15 RAE mcg	Sodium	290.00 mg
Total Fat	1.14 g	Vitamin C	5.04 mg	Dietary Fiber	1.76 g (2016 not available)

Table 3

Nutrients Per Serving with dried fruit and with pretzels

Calories	149	Saturated Fat	0.18 g	Iron	7.96 mg
Protein	2.75 g	Cholesterol	0 mg	Calcium	105.29 mg
Carbohydrate	33.31 g	Vitamin A	178.81 RAE mcg	Sodium	292.22 mg
Total Fat	1.14 g	Vitamin C	5.04 mg	Dietary Fiber	2.54 g (2016 = 0.78 g)