TRAIL MIX

Yields: 4 cups

Ingredients:
- 2 cup circle shaped cereal
- 2 cup square shaped cereal (rice, wheat, corn – one or more combined)

Directions:
1. In a large bowl, MIX circle shaped cereal and square shaped cereal.
2. KEEP in airtight container.

Variations:
- For breakfast add milk and fresh fruits.
- Eat cereals with 100% fruit juice.
- Use a mixture of any 2 or more cereals.
- Add pretzels, nuts, and/or dried fruits.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.