Trail Mix

Ingredients:
- 1 cups circle shaped cereal
- 1 cups 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.

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