Good Grinding for Wise Dining
Trail Mix

Yield: 2 cups
* 1 recipe will make 8-10 “taste” servings

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.

Equipment
- Measuring cups
- Measuring bowl
- Plates or napkins

* Always practice safe food handling techniques. Refer to Food Safety section.