Homemade Trail Mix

Ingredients
• 1 cup cereal (cheerios works well, or other iron fortified cereal)
• 1 cup raisins (any type)
• 1 cup roasted soy beans
• ½ cup dried cranberries
• ½ cup cashews
• ½ cup pumpkin seeds

Making it
• Mix and enjoy!

NUTRITION FACTS
Servings: 16 (approx. ¼ cup)
PER SERVING
Calories (kcal): 120
Fat (g): 4
Carbohydrate (g): 17
Fibre (g): 2
Protein (g): 4

TIPS & HINTS
Bulk buy nuts, seeds and dried fruit to make this trail mix as cheap as can be!