

Pyramid Power Trail Mix

MAKES 8 SERVINGS (ABOUT ½ CUP PER SERVING)

2 cups Cheerios® cereal
2 cups mini pretzel twists
¼ cup dry roasted peanuts,
unsalted
¼ cup unsalted sunflower
seeds
½ cup raisins
¼ cup M&M® candies

1. Put all ingredients into a large bowl.
2. Stir gently to combine. Store in sealed container until ready to serve.

Nutrition information per serving (½ cup):

156 calories | 4 gm protein | 26 gm carbohydrate | 2 gm dietary fiber
5 gm fat | 1 gm saturated fat | 0 mg cholesterol | 185 mg sodium