Terrific Trail Mix

Ingredients

1 cup combination diced dried fruit, such as prunes, apricots, pears and apples
1/2 cup raisins and/or dried cherries or cranberries
1 1/2 cups unsalted sunflower seeds
1 cup unsalted nuts (1 type or mixture of nuts)

Makes 8 servings

Directions

1. Mix all ingredients together and enjoy!

Nutrition information per serving:

192 calories, 8.2g fat, 5.2g protein
26.4g carbohydrates, 6mg sodium