

# Terrific Trail Mix

**IOWA**

Student Wellness

## 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*

*26.4 g carbohydrates, 6mg sodium*