



Super-Sized Trail Mix



Entire recipe (1 1/4 cups): 239 calories, 9g total fat (1.5g sat. fat), 63mg sodium, 23g carbs, 10g fiber, 9.5g sugars, 4g protein

Prep: 5 minutes

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Ingredients

- 1/2 cup freeze-dried blueberries
- 1/4 cup freeze-dried strawberries
- 1/4 cup KIX cereal
- 1/4 cup puffed wheat
- 1/4 cup trail mix

Directions

Combine ingredients, and mix well.

MAKES 1 SERVING

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