

Allergy Friendly Trail Mix with Yogurt

This trail mix is a great interactive recipe to make with your family. Trail mix can be a terrific on the go snack or perfect to top on yogurt or even oatmeal. Customize your mixture with any ingredients you want to make it more personal!

Ingredients:

- 1 cup rice cereal
- 3 tablespoons pumpkin seeds
- 1/3 cup raisins
- 1/3 cup banana chips
- 1/3 cup dried cranberries
- 1 cup Nonfat Greek yogurt (optional)



Optional: Choice of nuts like almonds or walnuts and a drizzle of honey or maple syrup. Add fresh fruit like bananas and strawberries for extra fiber

Directions:

1. Gather all ingredients and combine in a large bowl. Mix thoroughly
2. Scoop about ¼ cup of mixture on Greek yogurt or oatmeal
3. Drizzle with honey or maple syrup (optional)
4. Enjoy

Nutrition Facts: 5 servings

140 Calories; 3 g Fat (1.5 g Saturated Fat; 0 g Trans Fat); 5 mg Cholesterol; 60 mg Sodium; 25 g Carbohydrate (2 g Fiber, 16 g Total Sugar, 5 g Added Sugar); 6 g Protein; 2% Daily Value (DV) Vitamin D; 6% DV Calcium; 15% DV Iron; 4% DV Potassium