

## Tropical Trail Mix

Help ward off afternoon hunger with our Tropical Trail Mix. Store bought trail mixes tend to be high in sugar and have a poor ratio of carbohydrates to protein. Our version packs protein from sunflower seeds with carbohydrates from dried fruits; always choose unsweetened dried fruit when you can. The carbohydrates will give you energy and the protein will help keep you feeling full until your next meal.

### Ingredients:

1 cup Chex cereal  
½ cup raw, hulled sunflower seeds  
¼ cup dried apricots, diced  
¼ cup dried banana chips  
¼ cup unsweetened flaked coconut  
¼ cup semi-sweet chocolate chips  
¼ teaspoon ground cinnamon  
¼ teaspoon ground ginger

### Directions:

1. Combine all ingredients in a large mixing bowl.
2. Divide trail mix into ¼ cup servings and store in zip top bags or air tight containers for an easy to grab snack on-the-go!

**Yield:** 8 servings (1/4 cup trail mix per serving)

**Nutrition Facts:** 123 Calories; 8 g Fat (3 g Saturated Fat; 0 g Trans Fat); 0 mg Cholesterol; 38 mg Sodium; 13 g Carbohydrate (2 g Fiber, 5 g Sugar, 3 g Added Sugar); 3 g Protein; 4% Daily Value (DV) Vitamin A; 2% DV Vitamin C; 1% DV Vitamin D; 2% DV Calcium; 15% DV Iron; 3% DV Potassium