NO BAKE TRAIL MIX

SERVES 12

Preparation time: 10 minutes

INGREDIENTS

- 2 cups Honey Kix Cereal
- 2 cups Honey Nut O's Cereal
- 2 cups Frosted Mini-Wheats Cereal
- 2 cups Cinnamon Life Cereal
- 1 cup Kashi 7 Whole Grain Cereal
- ½ cup Craisins (or more)
- ¼ cup golden raisins
- ¼ cup chopped nuts (Optional)

DIRECTIONS

1. Mix all ingredients together in large bowl.
2. Store leftover mix in air-tight container.

SIMPLY GOOD EATING

www.extension.umn.edu/Nutrition

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- cleaning stains and mildew from homes and clothes
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