

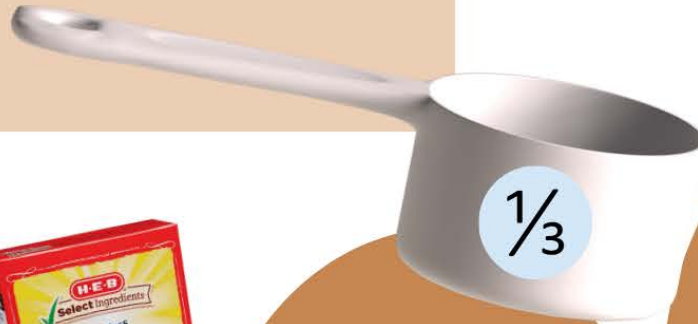
SNACKS: POWER TRAIL MIX

Ingredients:

- 1 cup Multigrain Cheerios
- 3 tbsp. Mini Dark Chocolate Chips
- 3/4 cup Almonds
- 1/3 cup Dried Cherries

Directions:

1. Mix together cheerios, chocolate chips, almonds, and dried cherries in a medium sized bowl
2. Portion size: $\frac{1}{3}$ cup = 1 carb serving
3. Store extra servings in bags or plastic/glass containers to save for later
4. Eat and enjoy!



You can add any other **dried fruit** (like raisins or cranberries) or **nuts** (like cashews or walnuts) that you like to make it your own!

This is a great snack choice because it has a **protein & carbohydrate**

Refer to the SNACK IDEAS handout from your TX STRIDE binder for **even more ideas!**