

Favorite Trail Mix

Ingredients:

- 1 cup sweetened dried cranberries
- ½ cup dried tart cherries
- ½ cup dried blueberries
- ½ cup dried pineapple pieces
- 1 cup candy-coated dark chocolate pieces (such as M&M's Dark Chocolate®)
- 2 ½ cups salted deluxe mixed nuts (without peanuts)

Directions:

1. Combine cranberries, cherries, blueberries, pineapple, chocolate and mixed nuts until evenly blended. Store in airtight container.

Yield: 24 servings

Source: allrecipes.com

Nutritional analysis per serving: calories 160, calories from fat 80, total fat 9g, saturated fat 2.5g, trans fat 0g, cholesterol 5g, sodium 55g, total carbohydrate 20g, dietary fiber 2g, sugars 14g, protein 2g, vitamin A 2%, vitamin C 0%, calcium 2%, iron 2%

