

# Healthy Snacking Made Simple!

Healthy snacks can be as simple as an apple and peanut butter or making your very own trail mix. Use foods like dried fruit, nuts, yogurt chips, or anything else fun your family might like! Here's the recipe the students tried today:

This is a batch recipe making **30 servings** (each 1 cup)

- 1 -- 5.5 oz bag of Smartfood Delight popcorn with sea salt
- 1 -- 10 oz box of Honey Teddy Grahams
- ½ -- 20 oz container of raisins
- 1 -- 15 oz bag of pretzels

Mix it all together and enjoy for an easy, healthy snack!

Nutritional Information for 1  
6.

serving of homemade trail mix

<b>Nutrition Facts</b>	
Servings 30.0	
Amount Per Serving	
calories	132
% Daily Value *	
<b>Total Fat</b> 4 g	5 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
<b>Cholesterol</b> 1 mg	0 %
<b>Sodium</b> 310 mg	13 %
<b>Potassium</b> 93 mg	3 %
<b>Total Carbohydrate</b> 23 g	8 %
Dietary Fiber 2 g	6 %
Sugars 5 g	
<b>Protein</b> 3 g	6 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	4 %
Iron	7 %