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Niagara Eats: Trail mix is the perfect snack for summer

Do-it-yourself recipe lets everyone snack on what they want

Justine Hays Niagara Eats Jun 24, 2018



Contributed photoTrail mix is a great snack when you are away from home — and it's easy to make as well.



School is (nearly) out for summer! Which means lots of outdoor, active fun. Hunger can sneak up when you're having a great time. Having healthy snacks on hand can prevent hunger related crankiness for both kids and adults.

Trail mix is a great snack when you are away from home. Trail mix is usually shelf stable, meaning it doesn't have to be refrigerated. You can buy it in stores in bulk or in single serve packages; but did you know you can make your own trail mix and save a few dollars?

Trail mix usually consists of dried fruit, nuts, and grains, such as cereal. This combination of foods give you protein, fiber, and provides energy. Using whole grain cereal is a great choice. A whole grain will contain all the parts of a grain whereas the refined grain will have some parts, such as the bran, removed.

The USDA dietary guidelines and MyPlate recommend that at least half your grains are whole grains. Some examples of whole grains are popcorn, oatmeal, and brown rice. Whole grains typically have more fiber than refined grains. To find out if you are eating whole grains, check the ingredient label on packages of cereal, pancakes, waffles, pasta, and crackers. Do you see the word "whole"? You might see "whole grain corn", "whole grain wheat", or "brown rice." The word "whole" must be present to mean a "whole" grain. The word "wheat" doesn't mean a whole grain unless it says "whole wheat". The same is true with "multi grain" that means the manufacturer used more than one type of grain. For more information on whole grains, check out an Eat Smart NY workshop near you!

This DIY trail mix is a whole grain crowd-pleaser. It is portable, affordable and provides a good source of energy. Plus it's customizable so everyone gets what they like. Trail mix is also a great way to get kids involved in making their own snack. Give them a variety of healthy options and allow them to choose and create their own mix. Kids are more likely to eat food that they help make! Remember, peanuts and other small foods that are round are easy for your preschooler to choke on when swallowing them. Have your child eat at the table, or at least while sitting down and always watch your child when they eat.

DIY Trail Mix

Serves: 6

Ingredients

- 1 cup square-type whole grain cereal
- 1 cup o-type whole grain cereal

- 1 cup puff-type whole grain cereal
- 1 cup dried fruit of your choice
- 1 cup small pretzels
- ½ cup small nuts or sunflower seeds

1. Set out a bowl of each ingredient with a serving spoon.

2. Let guests add a spoon of each ingredient to a plastic bag or other container. Shake to mix.

Enjoy!

For more tasty recipes or to attend one of our free hands-on cooking workshops visit www.eatsmartwny.org Eat Smart NY is a FREE nutrition education program that is funded through USDA's Supplemental Nutrition Assistance Program. SNAP provides nutrition assistance to people with low income.

Recipe source: <http://foodhero.org/recipes/do-it-yourself-trail-mix>

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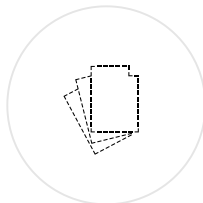


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