

Do It Yourself Trail Mix

HACCP Process #1 No Cook Preparation



1 Serving Provides:

CACFP: ½ cup provides 0.25 ounce equivalents Grains

NSLP: ½ cup provides 0.25 ounce equivalents Grains

SFSP: ½ cup provides 0.25 ounce equivalents Grains

Ingredients	10 Servings		20 Servings	
	Weight	Measure	Weight	Measure
Square-type whole grain cereal		1 cup		2 cups
O-type whole grain cereal		1 cup		2 cups
Puff-type whole grain cereal		1 cup		2 cups
Dried fruit of your choice		1 cup		2 cups
Nuts (optional)		½ cup		1 cup



Directions

1. Set out a bowl of each ingredient with a serving spoon.
2. Let guests add about 1½ tablespoons of each ingredient to a plastic bag or 4–5 ounce portion container. Shake or mix. Enjoy!

CCP: Use gloved hands for ready-to-eat foods.

Serving	Yield	Volume
½ cup per portion	10 servings, about 12 ounces 20 servings, about 1 pound 8 ounces	10 servings, about 5 cups 20 servings, about 2 quarts 2 cups

Nutrients Per Serving					
Calories	111	Sodium	90 mg	Vitamin A	189 IU
Total Fat	0.9 g	Carbohydrate	26 g	Vitamin C	4 mg
Saturated Fat	0.2 g	Dietary Fiber	2 g	Iron	5 mg
Cholesterol	0 mg	Protein	2 g	Calcium	45 mg