



CAPE COD COOPERATIVE EXTENSION

P.O. Box 367 • Barnstable, MA 02630-0367 • TEL: (508) 375-6690 • FAX: (508) 362-4518 • www.capecodextension.org

Nutrition Education Program

CINNAMON TRAIL MIX

- 2 cups toasted oat cereal (like Cheerios)
- 2 cups hexagon shaped corn cereal (like Crispix)
- 2 cups of pretzel bits
- $\frac{3}{4}$ cup raisins
- $\frac{1}{2}$ cup shelled sunflower seeds
- 2 Tablespoons reduced fat margarine
- 2 Tablespoons brown sugar
- 1 teaspoon cinnamon

In a large bowl, combine the cereals, pretzels, raisins and sunflower seeds. Toss gently. Melt margarine in a microwave oven or saucepan, and stir in the brown sugar and cinnamon. Pour over the cereal mixture. Toss gently to coat. For added crispness, bake for about 8-10 minutes in a 350 degree oven. Store in an airtight container until ready to use.

*This recipe from the booklet "Healthy Snacking for Children", from Michigan State University Extension.



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