

Heart Healthy Trail Mix



Ingredients:

- 1/2 cup unsalted almonds
- 3 cups whole grain cereal
- 1 cup unsalted soy nuts
- 1 cup unsalted peanuts
- 1/2 cup dried cranberries
- 1/2 cup raisins
- 1/2 cup dried pineapple bits

Directions:

1. Mix all ingredients together in a large bowl.
2. Serve or separate into 1/4 cup portion bags.

Makes 28 servings.



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