



Trail Treat (Hin-Oshi' Impa')

Price per recipe: \$0.90

Makes four servings, ½ cup each

Nutrition facts per serving:

140 calories, 5 g fat, 0 mg cholesterol,
120 mg sodium, 22 g carbohydrates,
2 g fiber, 4 g protein

You will need:

Choose two of these

- 1 cup pretzels
- 1 cup square corn, rice or wheat cereal*
- 1 cup round oat cereal*
- 1 cup popcorn
- 1 cup cheese crackers

Choose two of these

- ¼ cup raisins*
 - ¼ cup dried cranberries
 - ¼ cup banana chips
 - ¼ cup dried pineapple
 - ¼ cup peanuts*
 - ¼ cup soy nuts
- Large mixing bowl
 - Stirring spoon
 - Measuring cups
 - Snack size plastic food storage bags

**Ingredients used for nutritional analysis.*

What to do:

1. Wash hands; get out utensils.
2. Choose the ingredients you want to use.
3. Measure the suggested amounts of chosen ingredients and add to mixing bowl.
4. Mix ingredients using stirring spoon and divide evenly into four storage bags.
5. Enjoy your trail treat.

Options:

Be creative! Mix and match ingredients each time.

Occasionally, add a few mini-chocolate chips or marshmallows for an extra special sweet treat.



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