



May: Kid Friendly Trail Mix

Homemade trail mix is a great way to begin some basic cooking skills! **Stirring, measuring, and pouring are skills that even your littlest can help with.** Plus, with the large variety of ingredients, everyone can pick their favorite one!

I like to change up my trail mix and use new ingredients with each iteration, but I generally follow this basic recipe:

- 1 cup of unsweetened cereal
- 1 cup of dried fruit
- 1 cup of something a little salty (pretzels or crackers work well)
- 1 cup of nuts
- 1 cup of seeds
- 1 cup of something chocolate (usually semi-sweet chocolate chips or M&M's)

The mixes can be **packed with fiber and protein** thanks to the whole grains and plant-based protein choices! They also make a great, on-the-go snack.



Additional Resources

- [99 Trail mix Recipes](#)
- [Reusable snack bags](#)
- [Kid Friendly Trail Mix](#)

