

(CHIEFS) TRAIL MIX



ALL YOU NEED:

- 2 cups of air-popped popcorn
- 1 cup Cheerios
- ½ cup dried cherries
- ½ cup dried banana chips
- ½ cup golden raisins
- ½ cup cashew halves and pieces
- ½ cup peanuts
- ⅓ cup M&M's (pick out the red and yellow M&M's)



ALL YOU DO:

1. Combine all ingredients into a large bowl.
2. Mix well.
3. Package up into portion snack bags to enjoy after a workout!