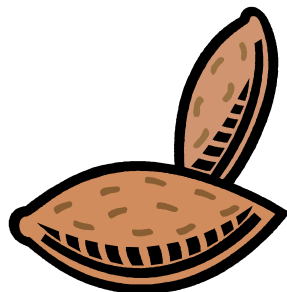




Nutrition Adventure: Help Andy Make Trail Mix for the Road!

Ingredients

- ½ cup walnuts
- ½ cup almonds
- 1 cup dried apricots
- ½ cup Craisins or raisins
- 1 cup Cheerios
- 1 cup Wheat Chex cereal



Directions

1. Spread nuts in a single layer in a shallow pan. Toast in the oven at 350° for 8-12 minutes, stirring occasionally, until lightly toasted. Cool.
**Ask adult for help with oven!*
2. Chop apricots into large chunks.
**Ask adult for help with knife!*
3. Toss with remaining ingredients until well mixed.