



## **Taste & Share - Show us the Healthy Snack you Create!**

Make a Healthy Snack & bring it (or pictures) to share for Lesson 7 (Sept. 12)

Here are some ideas:

- Fruit Salad
- Vegetable Sticks w/ Salad Dressing or Peanut Butter
- Trail Mix (Recipes Below)

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## **Do-It-Yourself Trail Mix Recipes**

### ***Strong & Healthy Trail Mix***

- 1 cup (3.5 ounces) each: walnuts, pecans, and cashews
- 1 cup (3 ounces) each: banana chips and toasted coconut ribbons
- 1/2 cup (2.5 ounces) each: raisins and carob chunks

### ***Fun & Simple Trail Mix***

- 1 cup square-type whole grain cereal
- 1 cup o-type whole grain cereal
- 1 cup puff-type whole grain cereal
- 1 cup dried fruit of your choice
- 1 cup small pretzels
- 1/2 cup small nut