

Trail Mix

Ingredients:

- 1 cup small pretzels
- 1 cup sunflower seeds
- 2 cups popcorn (optional - may cause choking in very small children)
- 1 cup toasted oat cereal
- 1 cup dried fruit
- 1 cup fish-shaped cheese crackers

Directions:

1. Mix all ingredients.
2. Serve in paper cups.