

# Happy Trail Fruit Munchies

Preparation time: 5 minutes

- ½ cup honey roasted almond slices
- ¼ cup dried sweetened cranberries
- ¼ cup dried cherries
- ½ cup raisins
- ½ cup dried apricots
- ½ cup sweetened whole grain cereal



Cut apricots into eighths. Combine all ingredients and mix well. Portion equally into 6 servings. Place portions into small plastic containers or sandwich bags for convenient, grab-n-go snacking.

Serves: 6

¼ Cup of Dried Fruit per Serving

Fruit and/or Veggie Color(s): Red, Purple, Orange

Nutrition Information per serving: calories: 159, total fat: 4.3g, saturated fat: 0.3g, % calories from fat: 23%, % calories from saturated fat: 2%, protein: 3g, carbohydrates: 29g, cholesterol: 0mg, dietary fiber: 3g, sodium: 26mg

Each serving provides: A good source of fiber.

Recipe was developed for Produce for Better Health Foundation by Chef Mark Goodwin, CEC, CNC. This recipe meets PBH and Centers for Disease Control and Prevention (CDC) nutrition standards that maintain fruits and vegetables as healthy foods.

Cool Fuel Cookbook 2007

Fruit & Veggie Color  
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