

## COMMODITY FOODS

### TRAIL MIX

Trail Mix is made of dried fruit and nuts. It may contain any of the following: dried cranberries, dried dates, dried figs, dried plum pieces, walnuts, almonds, or dried cherries.

#### Storage

- Unopened packages will keep 6 months in a cool, dry place.
- Opened packages should be stored in air-tight containers in the refrigerator for up to 6 months.

#### Uses & Tips

- Serve Trail Mix with meals or as a snack.
- It makes a delicious, nutritious topping for yogurt, ice cream or hot/cold breakfast cereals.

**IMPORTANT:** Foods that are hard, round, or difficult to chew can cause a child to choke. It is recommended you **do not** feed Trail Mix to young children.



#### **Breakfast Parfait** Serves 4.

- 2 cups canned (drained) or fresh fruit (banana, apple, peach, etc.), diced
- 2 cups low fat yogurt; plain, vanilla or lemon flavor
- 1 cup fresh or frozen berries
- 1 cup Trail Mix
- 4 glasses

#### In each glass:

1. Place 1/2 cup of diced fruit in bottom of glass.
2. Place a 1/4 cup of yogurt on top fruit.
3. Top yogurt with 1/4 cup of berries.
4. Top berries with 1/4 cup of yogurt.
5. Top yogurt with 1/4 cup trail mix.

**NUTRITION FACTS (per serving) - Calories 350 ~ fat 13 g ~ calories from fat 120 ~ sodium 170 mg ~ total carbohydrate 53 g ~ fiber 5 g**



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