

Kids in the Kitchen



CRANBERRY TRAIL MIX

INGREDIENTS

- 1 cup dried cranberries
- 1 cup roasted almonds (or cashews, pecans, or macadamias for softer texture)
- ½ cup sunflower seeds or pumpkin seeds
- ½ cup coconut flakes (unsweetened or toasted for extra flavor)
- ½ cup dark chocolate chips or yogurt-covered raisins

OPTIONAL:

- ½ cup banana chips or dried cherries
- 2 Tbsp olive oil or coconut oil (lightly drizzle if you want more calories and shine)
- Pinch of sea salt and/or cinnamon

DIRECTIONS

1. Mix all ingredients together in a large bowl.
2. Store in an airtight container at room temperature for up to 2 weeks.

CF NUTRITION TIPS

- Choose salted nuts if sodium intake needs to be higher.
- Add M&Ms, granola clusters, or mini pretzels for more calories and crunch.
- Great to keep on hand for school, sports, or travel days when energy needs are high.
- Sprinkle on full-fat yogurt or oatmeal for an extra calorie boost.

