Cinnamon Trail Mix

2 cups toasted oat cereal (like Cheerios)
2 cups hexagon shaped corn cereal (like Crispix)
2 cups of pretzel bits
¼ cup raisins
½ cup shelled sunflower seeds
2 Tablespoons reduced fat margarine
2 Tablespoons brown sugar
1 teaspoon cinnamon

In a large bowl, combine the cereals, pretzels, raisins and sunflower seeds. Toss gently. Melt margarine in a microwave oven or saucepan, and stir in the brown sugar and cinnamon. Pour over the cereal mixture. Toss gently to coat. For added crispness, bake for about 8-10 minutes in a 350 degree oven. Store in an airtight container until ready to use.

*This recipe from the booklet “Healthy Snacking for Children”, from Michigan State University Extension.