

Betty's Energizing Trail Mix



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In this video, Betty demonstrates how to make a delicious Energizing Trail Mix. It is a blend of Cracklin' Oat Bran cereal, golden raisins, dried cranberries, sunflower seeds, toasted almonds, and English walnuts. You may substitute any ingredient with a similar item, double up on any items you particularly like, and omit the ones you don't care for.

Ingredients:

2 cups Cracklin' Oat Bran cereal (You may use a different type of finger-friendly cereal.)

½ cup golden raisins

½ cup dried cranberries

½ cup sunflower seeds

½ cup salted, toasted almonds

½ cup English walnuts

Mix all ingredients together and store in a large zip lock bag or in individual snack bags. This particular mix has 2000 calories total, so for a snack that is easy to pack in a lunch box, use ½ cup Trail Mix, which is 250 calories. If you doing an activity that burns a lot of calories or eating the mix over a long period of time, you may want to pack along 2 cups worth, which is 1000 calories. It is very light and convenient to carry with you for those times when you are traveling and don't have a good opportunity to stop for a meal. Sometimes I eat about ½ cup right before a hard workout at the gym. I hope you find a use for this mix. It has very healthy ingredients for the amount of calories it provides. Have a beautiful day! -- Betty ☐