Healthy Homemade Trail Mix

Each ingredient is in more or less equal measure here, but you can always tweak the proportions according to your own preferences. The pretzels and cereal add crunch and interest, and cut down on the caloric density of the mix. It's a no-brainer grab and go snack.

Ingredients

- 2/3 cup cereal such as Cheerios , Wheat Chex, or Barbara's Puffins
- 2/3 cup pretzels
- 2/3 cup your favorite nuts (almonds, cashews, peanuts. walnuts, etc)
- 1/3 cup seeds such as pepitas or sunflower
- 2/3 cup dried fruit such as cranberries , cherries, or raisins
- 1/3 cup dark chocolate chips (optional)

Instructions

1. Put all ingredients together in a large bowl and use your hands or a spoon to combine. Transfer to an airtight container or resealable bag.