



TROPICAL COCONUT TRAIL MIX*

August 31

National Trail Mix Day



INGREDIENTS

- 1 Cup Unsweetened Coconut Flakes
- 1 Cup Macadamia Nuts
- 1 Cup Pineapple Chunks (dried)
- ½ Cup Pumpkin Seeds
- ½ Cup Banana Chips
- ½ Cup Cashews

DIRECTIONS

1. In a large bowl, combine the coconut flakes, macadamia nuts, and pineapple chunks.
2. Add the pumpkin seeds, banana chips, and cashews.
3. Mix all the ingredients until evenly distributed.
4. Store in an airtight container at room temperature for up to two weeks

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Fruit

MEAL TYPE

-  Snack

YIELD

4½ Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Cup	1 Cup	1¼ Cups	1 Cup

*Nuts and seeds are generally not recommended to be served to children ages 1-3 since they present a choking hazard. If served, supervise children carefully.