SHOPPING LIST

Trail Mix

- ◯ Dried Apple Slices
- ◯ Pecans
- ◯ Almonds
- ◯ Raisins
- ◯ Pretzel Nuggets

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Professor Fizzy presents

SNACKS

PBS KIDS GO!

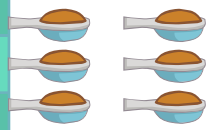
FIZZY'S LUNCH LAB

Trail Mix

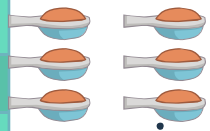
VEGETARIAN	TIME	DIFFICULTY	SERVES
V		E	12
YES	less than 30 min.	Easy	

YOU WILL NEED

1 cup
dried apple slices



6 tablespoons
pecans, toasted



6 tablespoons
lightly salted whole almonds

¼ cup
raisins

½ cup
pretzel nuggets

DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!

STEP 1: Cut the dried apple slices into quarter size pieces with scissors. Toss the apples, pecans, almonds, and raisins together in a medium bowl. Add the pretzel nuggets just prior to serving. Serve.

pbskidsgo.org/lunchlab

Nutrition Facts

Serving Size 1 serving (24g)
Servings Per Container 12

Amount Per Serving	
Calories 100	Calories from Fat 45
	% Daily Value*
Total Fat 5g	8%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 13g	4%
Dietary Fiber 1g	4%
Sugars 6g	
Protein 2g	

Vitamin A 0% • **Vitamin C** 0%
Calcium 2% • **Iron** 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4