

## I am Everything Good Trail Mix

### INGREDIENTS

- Oat circle cereal
- Chex cereal
- Rice cereal
- Raisins (golden and regular)
- Dried cherries
- Dried banana chips
- Coconut shavings

### DIRECTIONS

- Allow children to choose 3-4 items from the ingredients list to prepare their own trail mix.
- Reinforce to the children that no matter what they choose to add or don't add, they will be able to create their very own special trail mix that is "Everything Good"
- Have an adult add the items a children chooses to a serving dish to create their own trail mix blend.