

# HEART HEALTHY TRAIL MIX



## What you need:

- 1 cup Cheerios®
- 1/3 cup raisins
- 1 cup mini pretzels
- 3 tablespoons hulled sunflower seeds
- 1/3 cup dark chocolate chips

## Directions:

1. In a large bowl, combine all ingredients.
2. Place the trail mix into a baggie and place into the treat box.
3. Deliver the box to a neighbor or friend to brighten their day!
4. For an extra special touch, you can decorate the outside of the treat box before filling and delivering.

