Allergy Friendly Trail Mix

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Try this sweet and salty trail mix recipe free of nuts, dairy and gluten!

Total Time: 5 minutes
Servings: 14 servings (1/4 cup each)

Ingredients:

- 2 cups of gluten free Chex cereal
- 1/2 cup of dairy free dark chocolate chips
- 1/2 cup of dried cranberries
- 1/2 cup of sunflower seeds

Instructions: Toss all ingredients together. Store in airtight containers.

Nutritional Information (per serving):
122 calories: 15g carbohydrate, 6g fat, 2g protein, 2.5g fiber