



EXPLORER'S TRAIL MIX

FRUIT & PROTEIN SNACK!



Ingredients

Pepitas, Sunflower seeds, Dates,
Sultanas, Dried Cranberries,
Wholegrain Buckwheat O's

Nutritional Info

Nutrition information	Values /100g	Values /portion
Calories	1,930 kJ 461 kcal	772 kJ 184 kcal
Total fat	26.5 g	10.6 g
- saturated fat	8.6 g	3.4 g
Carbohydrates	44.0 g	17.6 g
- sugar	29.3 g	11.7 g
Fiber	7.4 g	3.0 g
Protein	11.7 g	4.7 g
Salt	0 g	0.0 g

Allergens: none

Alternatives: none required

The Scoop

A great morning tea snack. The dried fruit provides kids with a boost of energy whilst the seeds provide a more sustained energy as well as being a source of protein.

A serve of this snack provides kids with approximately 50% of their daily fruit requirements and 25% of their daily protein requirements.

FUN FACT: Trail mix's were developed to take along on hikes as they provide a great source of energy and nutrition. Perfect for your little food explorers to get through their busy days.

