



## ON THE MENU: DRIED FRUIT



### THE NUTRITION

**1 cup whole fruit vs. 1/4 cup dried**

**fruit:** Same calorie, fiber and sugar content, but a smaller portion size!

**Health benefits:** contains antioxidants, vitamins and minerals, but some are lost during the hydration process.

**Unlikely source of fiber:** 1 serving of dried fruit (1/4 cup) contains between 2 and 8 grams of fiber.

### THE USES

**Out-of-season alternative:** When fruit is out of season, dried fruit is a healthy, low cost option!

**Satisfies a sweet tooth:** the natural sugar in dried fruit gives a sweet taste.

**Topping for every meal:** oatmeal at breakfast, salad at lunch, in rice at dinner and yogurt parfait for dessert.

## TRAIL MIX

**Makes:** 8 servings

**Recommended serving size:** 1/2 cup

### Ingredients:

- 2 cups Kashi® GOLEAN® Crunch! cereal
- 3/4 cups dry roasted edamame
- 1/8 cup slivered almonds
- 1/4 cup dried cranberries
- 1/4 cup dark chocolate chips

### Directions:

1. Combine all ingredients in a large bowl and mix well.
2. Store in an air-tight bag or container. Will keep for up to 1 month.

Note: You can use any variation of nuts, dried fruit or dry roasted beans.

### Nutrition information per serving:

175 calories, 25 grams carbohydrates, 9 grams protein, 5 grams fat, 6.5 grams fiber, 12 grams sugar, 93mg sodium