

## Quick Trail Mix

2 cups popped popcorn  
1/2 cup Bugles (about 15)  
1 1/2 cup Rice Chex  
1 cup Apple Jacks  
4 dried apricots, sliced  
3/4 cup Craisins



Combine the popcorn, Bugles, Rice Chex, and Apple Jacks. Mix well. Add dried apricots and Craisins. Mix well. Makes 6 cups.

Per recipe: 308 mg phe  
Per serving (1/2 cup): 26 mg phe