

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



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