




# Grab'n' go Breakfast Trail Mix

This recipe was created by **Serena Caner** for **Shuswap Food Action Society**

 Yield: 50 servings

 Serving Size: 160 ml

## Ingredients

- 500g (20 cups) mixed low-sugar dry cereals (such as oat-o's, wheat squares)
- 5 cups toasted pumpkin seeds
- 3 cups toasted sunflower seeds
- 4 cups mixed dried fruits (raisins, cranberries, apple rings)

### Other options:

- Toasted coconut ribbons
- Slivered nuts (if allowed at school)

## Method

### Step 1

Mix ingredients into a large bowl and stir to combine.

### Step 2

Divide in prepackaged servings.

To toast seeds in oven: Preheat oven to 170 °C/350 °F.

Spread seeds in a single layer on rimmed baking sheet. Cook for 5–10 minutes, until they are golden. Allow to cool to room temperature.

To toast on stove top: Heat a dry, heavy-weight skillet over medium heat. Add seeds and cook for about 2 minutes until golden, stirring so they toast evenly.

## HACCP

- Wash hands before handling food, after handling raw foods, and after any activity that may contaminate hands.
- Use clean and sanitized equipment and utensils. Use gloves or tongs when handling food.
- Return all ingredients to refrigerated storage if preparation is delayed or interrupted.
- Hold cold items below 40°F or 4°C, and hot food items above 140°F or 60°C.