



Ingredients (Trail Mix):

- ¼ Cup sunflower seeds
- ¼ Cup dried fruit
- ½ Cup whole grain cereal

Ingredients (Stuffed Dates):

- A handful of dates (the softer the better)
- ½ Cup almond butter
(or plain yogurt or goat cheese)
- A dash of cinnamon
- A sprinkle of sea salt



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For the trail mix, take a resealable plastic bag, and add sunflower seeds, dried fruit, and whole grain cereal. Shake the resealable plastic bag until the mixture is even. Open and serve.

For the stuffed dates, start by opening the dates down the middle with your hands and remove the pits. Then mix almond butter with a dash of cinnamon in a bowl. If you don't want to use almond butter, you can use plain yogurt or goat cheese.

Fill dates with almond butter mixture, and add a little sprinkle of sea salt.