

Beef Jerky Trail Mix

18 g carbohydrates | 11 g sugar | 8 g total fat | 8 g protein | 2 g fiber

Serving size: ¼ cup | Approximately 113 calories



Did you know?

Protein is a building block for your skin, bones, muscles, cartilage, and blood.

Meat and seafood are sources of protein, as well as beans, eggs, nuts, seeds, and leafy greens.

You don't have to wait for mealtime to eat protein! Nuts and seeds make a great protein snack!

Food Preparation Materials

- Cutting knife
- Cutting board or mat
- Small bowls
- Large bowls

Ingredients—Makes 16 servings

- 4 oz. block of cheese (cheddar, colby jack, etc.)
- 1 cup chopped beef jerky
- ½ cup dried cranberries
- 1 cup pretzels
- 1 cup popcorn

What To Do

1. Cut cheese and beef jerky into bite-sized pieces.
2. Place cheese and beef jerky in a small bowl then set aside.
3. With clean hands, measure out the dried cranberries, pretzels, and popcorn into a large bowl.
4. Combine cheese, beef jerky, dried cranberries, pretzels, and popcorn into another large bowl.
5. Mix all ingredients and enjoy.