



Super-Sized Trail Mix



Entire recipe (1 1/4 cups): 239 calories, 9g total fat (1.5g sat fat), 63mg sodium, 23g carbs, 10g fiber, 9.5g sugars, 4g protein

Green Plan [SmartPoints](#)® value 9*

Blue Plan (Freestyle™) [SmartPoints](#)® value 9*

Purple Plan [SmartPoints](#)® value 9*

Prep: 5 minutes



Tagged: [Vegetarian Recipes](#), [Single Serving](#), [30 Minutes or Less](#)

Ingredients

- 1/2 cup freeze-dried blueberries
- 1/4 cup freeze-dried strawberries
- 1/4 cup KIX cereal
- 1/4 cup puffed wheat
- 1/4 cup trail mix

Directions

Combine ingredients, and mix well.

MAKES 1 SERVING

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.