

Ryno Snack Mix

Ryno mixes this simple snack mix in a glass bowl that has a lid. He carries it to the track and all around with him during the day for a quick, healthy snack on the go. You can keep it in an insulated lunch bag with an ice pack for freshness. Enjoy!

- 1/4 cup Blueberries
- 1/4 cup Blackberries
- 1/4 cup Strawberries
- 1/2 cup Walnuts, Cashews, Almonds

Mix together in a glass dish and enjoy!