

# Cattle Feed Trail Mix

Cattle feed is made up of carbs, roughage, protein, fiber, fat, vitamins, and minerals.  
Did you know that cattle eat about 2 percent of their body weight every day?

## INGREDIENTS

Carbs- Corn Flakes  
Roughage- Shredded Wheat  
Protein- Edamame  
Fiber- Peanuts  
Fat- Sunflower Seeds  
Vitamins- Mini Twix Cereal  
Minerals- Hydrated Marshmallows or Mini M&Ms

## DIRECTIONS

1. Add all ingredients in a bowl a mix.
2. Enjoy your trail mix!

