

Trail Mix

RECIPE:

INGREDIENTS:

(IDEAS):

Fruit: Dried cherries, cranberries, banana chips, blueberries, apricots, pineapple, apples, dates, mango, papaya

Nuts: Almonds, peanuts, cashews, walnuts, pecans, macadamia

Pretzels

Chocolate chips (milk, dark or white), m&ms, pb chips, reece's pieces

Raisins (dark, golden or yogurt covered)

Coconut shavings

Oats or granola

Pumpkin, sunflower or flax seeds

Cheerios, Chex cereal, rice krispies

Goldfish

NOTES/DIRECTIONS:

Mix whatever combination you would like, package in zip lock baggies and throw in your backpack or picnic basket.

*some ingredients will melt in warmer weather so be mindful of what you pack and where you'll be.

