JOURNEY 4 TRIP 8

DELICIOUS RECIPES - TRAIL MIX

TRAIL MIX

INGREDIENTS
Here is a list of possibilities. Pick those that cater to your taste and accessibility.

Nuts
Cashews, peanuts, almonds, walnuts, pistachios, hazelnuts, macadamia nuts, pecans, candied nuts

Dried fruit
Raisins, dried cranberries, Craisens, apple chips, banana chips, mango, apricots, pineapple, cherries, coconut flakes or chips, yoghurt-covered raisins

Chocolate candy
Smarties, M&M, Reese's pieces



Cereal
Cheerios, Chex, Golden Grahams, granola

Seeds
Sunflower seeds, sesame seeds, pumpkin seeds

Other
Pretzels, mini marshmallows, goldfish crackers, popcorn

HOW TO MAKE YOUR TRAIL MIX

STEP 1: Measure out all the ingredients you have chosen according to what you want more/less of.

STEP 2: Place all the ingredients in a large bowl and toss until they are mixed together.

STEP 3: ENJOY and store in zip-top bags.

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