

# Trail Mix

**MAKES: 3 CUPS**

**PREP TIME: 10 MINUTES**

## Ingredients:

- 1 cup nuts (almonds, peanuts, cashews, walnuts, etc)
- 1/2 cup seeds (sunflower seeds, hemp seeds, pumpkin seeds)
- 1/2 cup dried fruit (cranberries, cherries, dates, raisins)
- 1 cup "goodies" (chocolate chips, cheerios, popcorn, pretzels, etc)

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## INSTRUCTIONS:

1. Choose your favorite combo from each section (nuts, seeds, dried fruit, goodies)
2. Mix together in a large bowl
3. Store in an airtight container and enjoy during your next adventure!

## Combo Ideas:

1/2 cup almonds, 1/2 cup peanuts, 1/4 cup sunflower seeds, 1/4 cup pumpkin seeds, 1/2 cup cranberries, 1/2 chocolate chips, 1/2 cup chex mix.

1 cup salted peanuts, 1/2 cup dried cherries, 1/4 cup chocolate chips, 1/4 cup peanut butter chips, 1/2 cup pretzels

**Nutrition notes:** trail mix is a great way to get long-lasting energy! It is packed with protein and nutritious fats



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