

MAKE YOUR OWN TRAIL MIX

When you are setting out on your next EPIC adventure, don't let hunger turn you into a Boggan! Make yourself a "trail mix" that's good for you and most importantly great tasting!

WHAT YOU NEED:

Plastic sandwich bags or reusable snack bags, one per person

Trail mix ingredients (pick from both "base" and "bonus" lists)

BASE INGREDIENTS:

nuts
peanuts
almonds
cashews
pistachios
dried fruit
raisins
granola
Cheerios
Chex

BONUS INGREDIENTS:

dried fruit
mini marshmallows
chocolate pieces
banana chips
crystallized ginger
sunflower seeds
mini pretzels
wasabi peas
dried coconut

PACK YOUR MIXES IN INDIVIDUAL BAGS.

Pack your mix in individual bags and take with you on your next family hiking trip or other outdoor activity!

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