



Trail Mix Recipe

Trail Mix

You'll need:

- 2 tablespoons of something salty and crunchy
- 2 tablespoons of dried fruit
- 2 tablespoons of protein
- 2 tablespoons of something sweet
- 1 ziptop snack bag for each person
- Measuring spoons and cups
- Mixing bowl

Steps:

1. Measure 2 tablespoons of each ingredient for each person into a large mixing bowl.
2. Stir to combine.
3. Measure out $\frac{1}{2}$ cup of trail mix into a ziptop bag, 1 for each person.

Ingredients	Servings size	Servings per package
Trail Mix		
<input type="checkbox"/> Something crunchy and salty		
<input type="checkbox"/> Mini Pretzels	16 pretzels	15 per 16 oz bag
<input type="checkbox"/> Cheerios	2 Tbs	72 per 8.9 oz box
<input type="checkbox"/> Chex	2 Tbs	144 per 12 oz box
<input type="checkbox"/> Dried fruit		
<input type="checkbox"/> Raisins	2 Tbs	32 per 22.58 oz container
<input type="checkbox"/> Cranberries	2 Tbs	34 per 24 oz package
<input type="checkbox"/> Cherries	2 Tbs	40 per 2 lb package
<input type="checkbox"/> Banana chips		
<input type="checkbox"/> Some kind of protein	2 Tbs	18 per 10 oz bag
<input type="checkbox"/> Shelled sunflower seeds	2 Tbs	20 per 12 oz bag
<input type="checkbox"/> Pumpkin seeds	2 Tbs	16 per 1 lb bag
<input type="checkbox"/> Roasted chickpeas		
<input type="checkbox"/> Something sweet		
<input type="checkbox"/> Chocolate chips	2 Tbs	19 per 10 oz package
<input type="checkbox"/> Mini marshmallows	20 mini marshmallows	24 per 10 oz package
<input type="checkbox"/> Teddy Grahams	20 Teddy Grahams	10 per 10 oz package
<input type="checkbox"/> Snack-sized ziptop bags	1	

Important Note: If you plan on making trail mix, check for any food allergies or dietary restrictions your troop members may have and avoid those ingredients in your recipe.