

MAKE YOUR OWN TRAIL MIX

DIRECTIONS

Using $\frac{1}{4}$ cup, mix equal amounts of some or all of the following ingredients:

INGREDIENTS

- Granola
- Instant oats
- Cereal
- Pretzels
- Sunflower seeds
- Pumpkin seeds
- Peanuts
- Almonds
- Walnuts
- Pecans
- Raisins
- Dried cranberries
- Dried apple slices
- Dried apricots
- Dried blueberries
- Dried dates, chopped
- Banana chips
- Chocolate chips