

# TRAIL MIX

## WHAT YOU NEED:

### Ingredients:

- 1 cup roasted peanuts
- 1 package (6 ounces) chocolate chips
- 2 cups dried fruit (choose any of the following: dates, apples, raisins, pineapple, banana, etc.)

### Equipment:

- dry measuring cups
- large mixing bowl
- mixing spoon
- storage container

## WHAT TO DO:

1. Measure all ingredients into bowl.
2. Stir to mix.
3. Store in airtight container.

Take along on hikes, picnics and to the beach. To keep fresh, store in a jar or plastic bag.

*Makes 4 cups.*

Return to kid's corner nutrition section for more recipes.