Pack this healthy, carefree snack when you hit the trail for some Safari fun! »

Cranberries

## **Suggested Ingredients:**

Coconut





Blueberries

PUM



**Yogurt Raisins** 

BAA



& TIMONS'

Apples

### Instructions:

#### **STEP 1: PICK YOUR INGREDIENTS**

Collect four of your favorite dried fruit and nuts to include in your trail mix. See suggestions below.

#### **STEP 2:** ADD IT UP

Pour 4 oz. of each ingredient into a large clean bowl.

#### **STEP 3: MIX IT UP**

You want each handful of trail mix to include a little of each ingredient so mix your ingredients well.

#### **STEP 4:** SAMPLE AND ADJUST

Taste your mix and adjust your recipe until it's just right.

#### **STEP 5: PACK IT UP TO GO**

Fill a small baggy or container with your trail mix and you're all set to go!



# In 39 FALL 2011

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