

Crunch & Munch Trail Mix



TIP: What you see here are just suggested ingredients to make a trail mix all your own.

Prep Time: 2-3 minutes

Needed

Favorite Nuts

Favorite Cereal

Favorite Dried Fruit

Favorite Crackers

M&M's

Favorite Cookies

Resealable Plastic Bag



1. Add about a handful of your choice of the following ingredients to a large resealable plastic bag:

Favorite Nuts (I'm using 50% reduced salt roasted almonds, but any nuts will work)



Favorite Cereal (I'm using a granola and dried fruit cereal, though any cereal will work)



Favorite Dried Fruit (I'm using mixed dried tropical fruit, but any dried fruit will work)



Favorite Crackers (I'm using goldfish - because they're easy!)



M&M's (you gotta' have CHOCOLATE!)



Favorite Cookies, either whole or crumbled (I'm using chocolate chip cookies, which are great during cooler weather but can get kinda' gooey in warmer weather. YOU MAKE THE CALL....)



2. Mix the **ingredients** in the bag with your hand.



3. Seal the bag - and you are good to go!

