

# HOMEMADE TRAIL MIX

INGREDIENTS -  
WHEN YOU BUY  
YOUR OWN, YOU  
GET SO MUCH  
MORE!



HAVE A SNACK  
READY FOR  
WHEN HUNGER  
HITS!

Trailmix- the perfect, grab n go! It is light, portable, and filled with energy-dense ingredients to keep you full for hours. It is great for a study snack, a mindless munch or even a handy nibble to keep in your backpack in case of emergencies. Give it a shot, mix and match. Have fun with it, I did.

**First thing is first:** Don't let the supermarket brands fool you.

Purchasing your own products is both half the price and you get more than twice the amount of trail mix. Though the pre-made mix looks fabulous, it is more enjoyable and trustworthy when you make your own. Plus, you can add the items that you want!

Simply portion them out and bag them up! Now your are set to go!

**Remember that 1cup goes a long way.**

Prep Time: 15 minutes

Here are two recipes to get you started. Use your imagination to make your own mix.

**GO HEALTHY:  
FUEL UP**  
Ingredients:  
Apricots  
Raw Almonds  
Banana Chips



**GO SWEET N SALTY:  
THE CRUNCHY BUNCH**  
Ingredients:  
M&M's  
Whole Grain Goldfish,  
Pretzels  
Caramel Popcorn