

# BUILD YOUR OWN TRAIL MIX!

1

Choose 2-3 types of nuts.



Almonds



Cashews



Peanuts



Walnuts



Pistachios



Pecans

2

Choose some add-ins!



Raisins



Craisins



Other dried fruit  
(apricots or banana)



Yogurt covered fruit  
or yogurt chips



Mini pretzels



Sunflower or  
pumpkin seeds



Coconut chips



M&M's or  
chocolate chips



Mini peanut  
butter cups



Mini marshmallows



# IDEAS FOR COMBINATIONS

## Fall Mix



Almonds

+



Pecans

+



Pumpkin seeds

+



Craisins

+



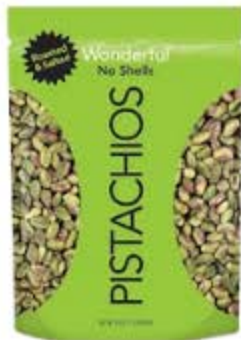
Chocolate chips

## Tropical Mix



Cashews

+



Pistachios

+



Banana chips

+



Dried pineapple

+



Coconut chips

3

Combine all ingredients in a large bowl, mix, and serve!

4

Enjoy!