

GORP

Good Old Raisins and Peanuts

The best thing about trail mix is that you can make up your own based on what you have in your pantry and what your family likes. We'll get you started with some suggestions.

GORP

Peanuts, raisins and M&M's

Yummy additions to the original Gorp: sweet banana chips, dried apricots or apples, pumpkin seeds, butterscotch or carob chips

Rain Forest Munch

Mix the fruits of the rain forest: dried pineapple and papaya pieces, unsweetened coconut flakes, macadamia nuts, cashews and chocolate chunks.

Bird Seed

Bird food for humans: hulled sunflower seeds, raisins, peanuts and dried dates (the pellet-shape ones, rolled in dried milk).

Breakfast Trail Mix

Breakfast that travels well. Cheerios, Chex cereal, dried bananas, strawberries, blueberries or cranberries, and yogurt drops.

Fish Mix

PepperidgeFarm Goldfish, dried blueberries, gummy worms.

Make up your own GORP recipe on the back.