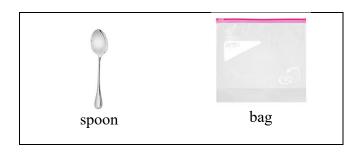


Trail Mix Recipe

Ingredients



Materials



- Step 1: Wash Hands
- Step 2: **Get** the ingredients.
- Step 3: Use the spoon to get the ingredients.
- Step 4: Put some cereal in the bag.
- Step 4: Put some peanuts/cashews in the bag
- Step 5: Put some raisins, craisins or dried fruit in the bag.
- Step 6: **Put** a little M& Ms in the bag.
- Step 7: **Put** marshmallows **in** the bag.
- Step 8: Shake to mix the ingredients.
- Step 9: Enjoy on a hike or walk.

Other options: If the food is too crunch for you to eat- this is a great snack to make and give to others too.