

Communicare, LLC

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.