

Tex's Trail Mix

Ingredients:

- Grain of choice (such as cereal, pretzels, popcorn, or granola)
- Nut of choice (such as peanuts, almonds, cashews, or seeds)**
- Dried fruit of choice (such as raisins, cranberries, banana chips, or dried pineapple pieces)
- Something sweet (chocolate candies, marshmallows, chocolate chips, or caramel bits)
- Any other small, dry snack you might like!



Directions:

Step 1:

Place all the ingredients together in either a plastic zip lock or paper bag and shake until mixed together and enjoy!***

***if allergic to nuts, seeds like pumpkin or sunflower might be an alternative **only if you know you're not allergic**—otherwise dried chickpeas are a good substitute protein!*

****try sprinkling a little cinnamon, sea salt, garlic powder, or cayenne powder on your trail mix for a little extra something*