



# TRAIL MIX

## Ingredients:

- ¼ Cup Cranberries
- ¼ Cup Cashews
- ¼ Cup Dried Papayas
- ¼ Cup Raisins
- ¼ Cup Almonds
- ¼ Cup Pecans
- ¼ Cup Dried Bananas
- ¼ Cup Sunflower Seeds

## Directions

Pour cranberries, cashews, papayas, raisins, almonds, pecans, dried bananas, and sunflower seeds into a bowl and mix with a spoon. Once ingredients are mixed together the trail mix is ready to eat. This is an easy recipe to take on the go as well. Just place the trail mix into a small bag and bring with you.

