❧ Harvest Trail Mix ❧

Harvest Trail Mix

Called ibimi or bitterberries by the Cape Cod Pequot Indians and later dubbed "crane berries" by European settlers -- who noted that this berry's vine blossoms resemble the neck, head, and bill of a crane -- cranberries add a sweet tartness to this harvest snack mix.

MAINLAND INGREDIENTS

2 cups sunflower seeds, raw

1 cup pine nuts

1 cups pumpkin seeds, raw

1 cup cranberries, dried and sweetened

1 cup raisins

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Directions for Harvest Trail Mix

1. Measure all of the ingredients into a mixing bowl and stir with a wooden spoon until well combined.

2. Transfer some to a festive bowl to serve as an appetizer. Makes 6 cups.

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Kids, please ask a grown-up for help with your recipe.

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