

DIY TRAIL MIX

7 g protein
per 1oz
serving

heart
healthy
superfood

peanuts help
prevent
diabetes

niacin lowers
Alzheimer's
risk

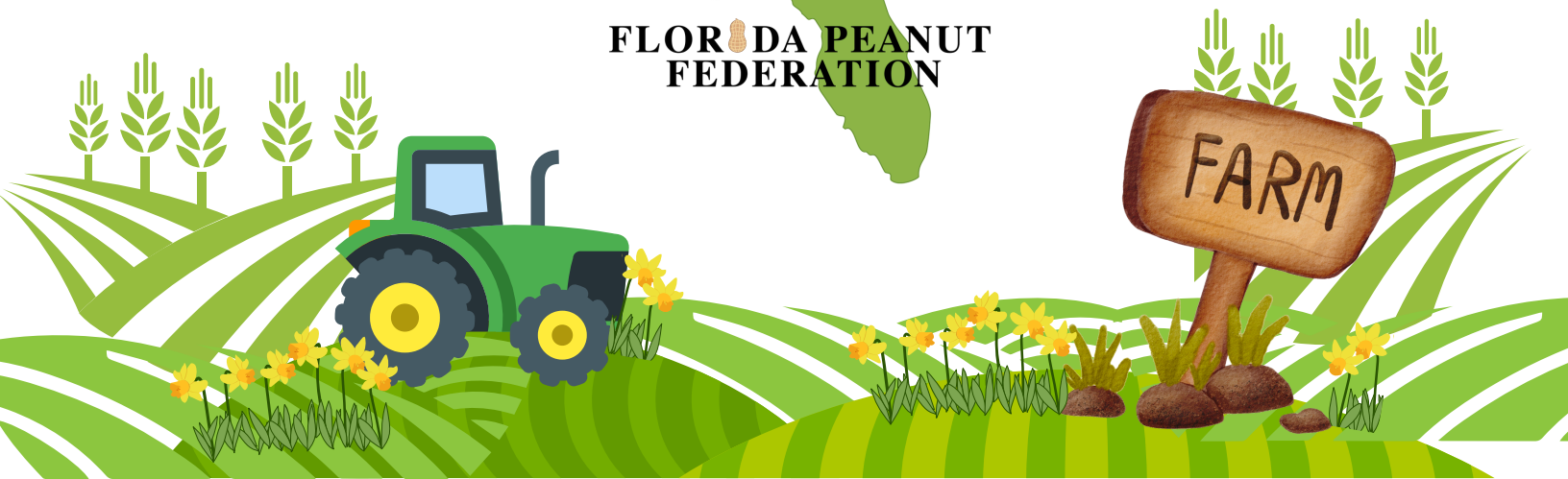
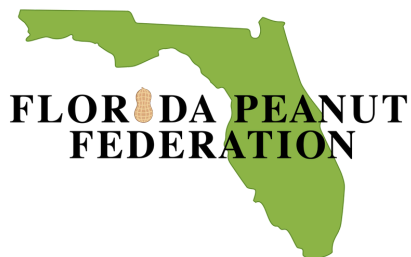
2.7 g daily
fiber per
serving

peanuts
lower
cholesterol

bioactive
may stop
cancer cells

Power Up with the
healthy powers of
PEANUTS

Compliments of



TRAIL MIX

SHOPPING LIST



Peanuts



Peanut
M&Ms



Goldfish



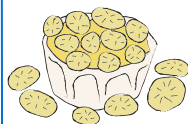
Cereal



Marsh-
mallows



Animal
Cookies



Banana
Chips



Raisins



Pretzels



Pumpkin
Seeds

Compliments of

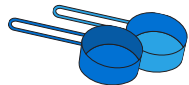
FLORIDA PEANUT
FEDERATION



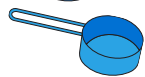
TRAIL MIX

DIRECTIONS

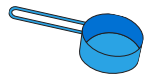
Into Mixing Bowl, combine



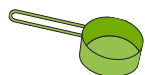
2 cups Peanuts



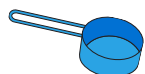
1 cup Goldfish Crackers



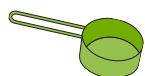
1 cup Marshmallows



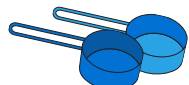
$\frac{1}{2}$ cup Banana Chips



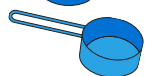
1 cup Pretzels



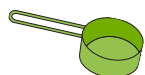
$\frac{1}{2}$ cup Peanut M&Ms



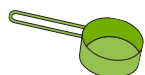
2 cups Cereal



1 cup Animal Cookies



$\frac{1}{2}$ cup Raisins



$\frac{1}{2}$ cup Pumpkin Seeds

Store in airtight container.
Share & Enjoy!

Compliments of

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FEDERATION



TRAIL MIX

SUPPLIES

Clean Hands



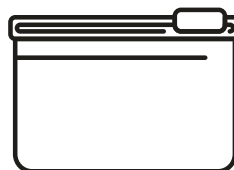
Mixing Bowl & Spoon



Measuring Cup



Sealable Bag/Container



Compliments of



TRAIL MIX

REVIEW

1..Do you like this recipe?



2..Is this a fun food activity?



3..What meal group is this?



4..Is this recipe healthy?



5..Will you make this again?



Compliments of

FLORIDA PEANUT
FEDERATION

