

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

FLORIDA PEANUT
FEDERATION



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

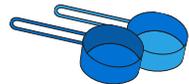
FARM



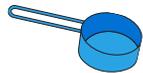
TRAIL MIX

DIRECTIONS

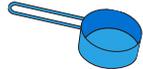
Into Mixing Bowl, combine



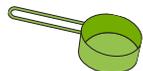
2 cups Peanuts



1 cup Goldfish Crackers



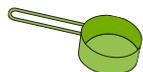
1 cup Marshmallows



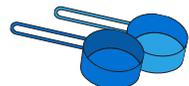
$\frac{1}{2}$ cup Banana Chips



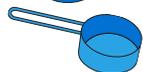
1 cup Pretzels



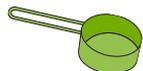
$\frac{1}{2}$ cup Peanut M&Ms



2 cups Cereal



1 cup Animal Cookies



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



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

Store in airtight container.
Share & Enjoy!

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FARM



TRAIL MIX

SUPPLIES

Clean Hands



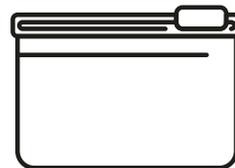
Mixing Bowl & Spoon



Measuring Cup



Sealable Bag/Container



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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?



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