



# THE BEST 7 DIY TRAIL MIXES



## GORP

3/4 cup peanuts  
3/4 cup almonds  
1 cup sunflower seeds  
1 cup raisins  
1/4 cup granola  
Optional: 1/4 cup M&M's



## Asian Zest

1 1/2 cup cashews  
3/4 cup sesame seeds  
3/4 cup dried mango  
1/4 cup shredded coconut  
1/4 cup kale chips  
1/4 cup Teriyaki beef jerky  
1/4 cup rice crackers



## Peanut Butter Galore

1 cup peanuts  
1 cup banana chips  
1/2 cup flax seeds  
1/2 cup chocolate chips (dark)  
1/2 cup peanut butter chips  
1/2 cup pretzels



## Popcorn Delight

1 1/4 cup almonds  
1 cup sunflower seeds  
1/2 cup dried apricot  
1/2 cup dried cherries  
1/2 cup popcorn  
1/4 beef jerky  
Cinnamon (to taste)



## Breakfast Bite

3/4 cup pecans  
3/4 cup almonds  
1 cup hemp seeds  
1/2 cup dried strawberries  
1/2 cup dried blueberries  
1/2 cup Chex cereals  
Cinnamon (to taste)



## Wasabi Mix

1 1/2 cup cashews  
1 cup sunflower seeds  
1 cup dried cranberries  
1/2 cup wasabi peas



## Cajun Mama

1 cup peanuts  
1/2 cup walnuts  
1 cup pumpkin seeds  
1 cup raisins  
1/4 cup sesame sticks  
1/4 cup green peas  
Spices (see recipe)