



**GENERATIONS**  
cuyahoga valley national park

Preserve and Protect

## Trail Mix

Trail mix is a combination of dried fruit, grains, nuts and sometimes chocolate developed as a snack food to be taken along on outdoor hikes. Trail mix is considered an ideal snack food for hikes because it is lightweight, easy to store and nutritious. It provides a quick energy boost from the carbohydrates in the dried fruit and/or granola, and sustained energy from the mono- and polyunsaturated fats in nuts.

Trail mix is also called gorp. The word *gorp* is an acronym for “good old raisins and peanuts” or “granola, oats, raisins and peanuts,” or “gobs of raw protein.”

Below are some sample recipes for trail mix from the cooks.com Web site. Your job is to create your own recipe for trail mix. Think about what might go well together. Write your recipe and give it to your teacher. You might also want to actually make your recipe and see how it tastes.

### KASHI TRAIL MIX

1 cup Kashi Go Lean Crunch  
1 cup yogurt raisins  
1 cup Crasins  
1 cup peanuts  
1 cup chocolate-covered soy nuts  
¼ cup sunflower seeds (no shells)  
¼ mini marshmallows

Mix together in a big bowl and enjoy! Great for long hikes and long car rides.

Source: <http://www.cooks.com/rec/view/0,1747,128176-250198,00.html>

### GORP (TRAIL MIX)

2 lbs. M&M candies  
1 15-oz. jar dry roasted peanuts  
1 15-oz. box raisins  
Approximately 8 oz. sunflower seeds  
Optional for cold weather only: 1 6-oz. pkg. peanut butter morsels

Combine all ingredients together in large bowl and store in tightly sealed in bags.

Source: <http://www.cooks.com/rec/view/0,1733,155179-242192,00.html>

### RIVER'S TRAIL MIX

½ c. butter  
1¼ tsp. seasoned salt  
4½ tsp. Worcestershire sauce  
8 c. Wheat Chex  
3 c. pretzel sticks  
2 c. peanuts

Melt butter in a jelly roll pan. Stir in seasoned salt and Worcestershire sauce. Gradually add cereal, nuts and pretzels, stirring until all pieces are evenly coated. Bake 1 hour at 250 degrees, stirring every 15 minutes.

Source: <http://www.cooks.com/rec/doc/0,1933,151171-246205,00.html>