

# Make-Your-Own Snack Mix

It's sometimes called trail mix, bird food or GORP (aka good old raisins and peanuts)! Just mix up your favorite snack foods for a really fun treat!

## CHOOSE YOUR FAVORITES

Pick one ingredient from each group.

### DRIED FRUIT

*Tart, Sweet and Chewy*

----->



apricots



blueberries



cherries



cranberries



raisins



### NUTS & SEEDS

*Roasted and Crunchy*

----->



almonds



cashews



peanuts



pumpkin seeds



sunflower seeds



### HIGH-FIBER CEREAL

*Crispy and Crunchy*

----->



bran cereal sticks



corn squares



multigrain o's



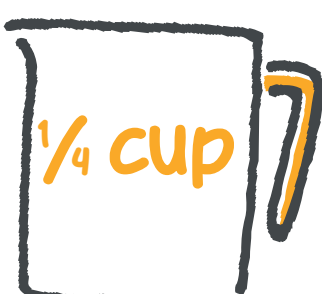
puffed corn



### FUN ADD-INS

*Chewy, Crunchy and Sweet*

----->



gummy bears



mini chocolate chips



mini marshmallows



pretzel sticks



## STIR IT UP



Place the ingredients you picked in a big bowl and stir with a wooden spoon. Divide into four snack cups to enjoy right away or scoop out into four zip-close bags to munch on later.

\* Makes 4 servings



Visit [mindful.sodexo.com/mindful-kids](https://mindful.sodexo.com/mindful-kids) for more fun activities!

**mindful**  
by sodexo