

Always check for Allergies like Peanuts so you don't have an emergency far from home. These are from the **FoodNetwork.com** or labeled where they came from. **Also, all peanuts have been dropped from these recipes BUT check soy, walnut, almond they are included. If a Scout may attend who has allergies it is better to be safe than sorry!**

Trail Mix (recipe courtesy of Gourmet Magazine)

In a bowl combine 1/4 cup of any 8 of the following items:

Unsalted nuts, peanuts, cashews, or almonds
Sunflower seeds
Dried cranberries
Dried cherries
Dried apricots
Raisins
Mini chocolate chips
Mini pretzels
Multi grain Cheerios
Whole wheat Chex cereal
Granola

Store in an airtight container

Lip Smackin' Trail Mix

Recipe courtesy Paula Deen
Show: Paula's Home Cooking

2 cups granola (recommended: Hudson Valley Dessert Company)
3/4 cups coarsely chopped pecans
3/4 cups coarsely chopped walnuts
1 (3 1/2-ounce) can flaked coconut (1 1/2 cups)
1/2 cup sunflower seeds (meat only)
1/2 cup wheat germ
1 teaspoon ground cinnamon
1 teaspoon salt
1 (14-ounce) can sweetened condensed milk
1/4 cups vegetable oil
1 cup banana chips (optional)
1/2 cup dark raisins
1/2 cup golden raisins
1/2 cup dried cherries
1/2 cup dried apricots, diced

Preheat oven to 300 degrees F.

In large mixing bowl, combine all ingredients except banana chips and raisins, cherries

and apricots. Mix well. Spread evenly in an aluminum foil-lined baking sheet. Bake 55 to 60 minutes, stirring every 15 minutes. Remove from oven; stir in banana chips, raisins, cherries and apricots. Cool thoroughly. Store tightly covered at room temperature.

Talkin' Trail Mix Recipe courtesy Sandra Lee

Show: Semi-Homemade Cooking with Sandra Lee

1 bag (6 ounces) slivered almonds
1/2 cup shelled pumpkin seeds (pepitas)
1/2 cup shredded sweetened coconut
1/2 cup dried cranberries (recommended: Ocean Spray Craisins)
1/2 cup milk chocolate chips

Preheat oven to 350 degrees F.

On a foil lined baking sheet, combine almonds, pumpkin seeds, and coconut. Bake for 10 to 12 minutes or until coconut is golden brown. Remove from oven and let cool thoroughly. Combine toasted coconut mixture with dried cranberries and chocolate chips.

Good-for-you-GORP

—Backpacker Magazine

2 1/2 cups low-fat granola
1 cup dried pears
1/2 cup M&M;'s

Mix in a Zip lock bag and eat on the trail.

Tom Brokaw's Granola GORP

—Backpacker Magazine

1 cup pitted dates, prunes, raisins or other dried fruit
4 cups old-fashioned oatmeal
1 cup walnuts
1 cup shredded coconut
1 cup wheat germ
1/3 cup sesame seeds
1/2 cup honey
1/2 cup oil

Snip fruit into small pieces and set aside. Combine dry ingredients in a large bowl. In a sauce pan, stir together honey and oil and heat to boil. Pour over dry ingredients, and mix.

Spread onto two 10"x15" baking sheets. Bake 25 minutes at 325o F, stirring occasionally. Add fruit once the granola is cool.

Donny's Mix

—Donny Shaheen, Bag

1 cup Pretzels
1 cup Chex Mix
1 cup M&M;'s

Mix and eat and share with your buddies.

Heidi's Trail Mix

1 cup dry cereal (Cheerio's, Chex, etc.)
1 handful pretzel sticks
1 cup raisins
optional, handful of dried fruit

Mix in a Zip lock bag and eat on the trail.

Gorp Balls

—Helen Singh The Leader, April 1984

1/3 cup each raisins, apples, apricots, dates and coconut.
1/2 cup sesame seeds,
1/3 cup walnuts

For the glue, use 1 cup chocolate chips, 1/3 cup honey.

Make sure the Scouts don't pack food in the same place as their socks and underwear. Food and patrol cooking gear go in the top of the pack, and personal gear in the bottom and the side pockets. Reserve one side pocket for trail munchies: dried fruits, smarties, hard candies and chocolate bars. Each Scout should have his own bagful to ration out to himself so that it lasts the duration of the trip. Our favorite is GORP balls; chopped dehydrated fruits "glued" together with honey and melted chocolate chips and rolled in icing sugar.