

Troop 31 Recipe

Gorp (Trail Mix)

This is an eclectic combination of nuts, seeds, dried fruits, candies and such. To help meet your body's needs, use salted nuts and avoid the dry roasted ones, since you need fats.

Some Favorite Gorp Blends

- * Raisins / almonds
- * Chopped dates / chopped walnuts / shredded coconut
- * Dried papaya / dried pineapple / licorice candies / peanuts
- * Butterscotch bits / walnut halves / raisins
- * Roasted cashews / M & M's / raisins
- * Mixed salted nuts / dried banana chips / chopped dates
- * Roasted pumpkin seeds / dried apple bits / toasted coconut flakes
- * Chocolate bits / toasted sunflower seeds / salted peanuts / dried banana chips

Directions

Mix into large mixing bowl.

Package into individual ziplock bags.

If the weather is very hot, you may find these candy nuggets have melted into interesting shapes, unless you bury them deep in your pack (and this is not fool proof).

