

## **GORP** (a.k.a. Trail Mix)

["Granola, Oats, Raisins, and Peanuts" or "Good Ole Raisins and Peanuts"]

Equal parts of nuts and various dried fruits with additions of chocolate or coconut or salty snacks like pretzels or breakfast cereal.

- 1 cup salted peanuts
- 1 cup raisins
- 1 cup M&Ms

Mix and portion out, remembering that 1 ounce provides 140 calories. Adjust the proportions to taste.

Common Additions:

- Dried fruit: raisins, dried apricots, date nuggets, banana chips, apple chips, dried papaya, dried cranberries, dried cherries.
- Nuts and seeds: peanuts, almonds, hazelnuts, sunflower seeds.
- Chocolate and more: M&Ms, chocolate chips, white chocolate chips, carob chips, dried coconut
- Salty stuff: Pretzels, sesame sticks, oriental rice crackers, salty "party mix" cereal.
- Cereals: Any breakfast cereal, granola.