

Good-for-you-GORP

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.

GORP Trail Mix

Troop 421

1 box Kellogg's low fat granola cereal **1 box 24oz raisins**
1-2 bag's dried fruit bits **1 large jar dry roasted peanuts**

Mix in a large Zip lock bag or subdivide into smaller bags and eat on the trail.

Heidi's Trail Mix

Heidi

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

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

Jim's Gorp

Jim Spier

1 c Corn syrup or molasses or Honey
3/4 c Milk powder
1 c Oatmeal
1/2 c Peanut butter
1/2 c Chocolate chips
1/2 c Wheat Germ
1/2 c Crushed peanuts
1/2 c Raisins

Mix all the ingredient thoroughly. Roll into balls and each in a small piece of wax paper, twisting ends and chill.

Kids Trail Mix

4 c Chex cereal
1/2 c Raisins
1/2 c Reeces Pieces
1/2 c Dried fruit bits
1/2 c Yogurt covered peanuts

Put into a large ziploc bag and shake to mix. Source: Chex box

Mixed GORP

1 cup M&M's
1 cup dried Fruit Bits
mix in a large Zip lock bag and eat on the trail.
1 cup mixed nuts or dried roasted mixed nuts
1 cup roasted sunflower kernels

Sam's Mix

Dennis A. Schmitt

1 box Pepperidge farm cheese fish crackers or 1 box Chex Mix,
1 jar Planter's Dry Roasted Peanuts.
1/2 LB raisins
1 @1 lb. bag M&M's

Mix in a 2 gallon zip lock bag. serves one Troop.

Sunny GORP

1 cup raisins
1 cup M&M's
mix in a large Zip lock bag and eat on the trail.
1 cup salted peanuts or dried roasted peanuts
1 cup roasted sunflower kernels

Trail Peak Trail Mix

PTC

1 cup Chex's cereal, rice, corn, wheat or mixed
1 cup salted peanuts or dried roasted peanuts
1 cup M&M's
1 cup raisins

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

Make Your Own GORP Mix

Cereal	Nuts	Fruit	Sweets
Chex Cereal	Peanuts	Raisins	M&M's
Granola	Almonds	Fruit Bits	chocolate chips
Cheerio's	Mixed Nuts	dried Apple slices	butterscotch chips
Grape Nuts	Macadamina	dried Pear	Reese's Pieces
crackers	Sunflower Kernels	Pineapple	Carob chips
pretzels	Corn Nuts	Apricots	peanut butter chips
Mini Shredded Wheat		Figs	shredded coconut
Croutons		banana chips	Jelly Beans

Add to this list with your own variations.