

## **Supplies**

These simple supplies are all you'll need for this activity:

- Small pretzels
- Almonds (or an allergy-free replacement)
- · Candy-covered chocolates
- · Dried cranberries
- Resealable gallon-size plastic storage bag
- Bowl
- Spoon
- · Measuring cups for dry ingredients
- Recipe and instructions

## **Optional Ingredients**

- · Gummy candies
- Granola (or an allergy-free replacement)
- · Fruit snacks
- · Roasted corn kernels
- · Dried bananas
- · Raisins
- Peanut butter chips (or an allergy-free replacement)
- · Cheese crackers
- Oat ring cereal

Note: If you or someone else you may share this activity with has a nut allergy, replace the almonds, granola, and peanut butter chips with an allergy-friendly snacks of your choice! Ideas include sunflower seeds, pumpkin seeds, and nut-free granola, but get creative and enjoy your allergen-free snack.



## Instructions

Gather the following materials before you get started:

- ¾ cup pretzels
- ½ cup candy-covered chocolates
- ½ cup almonds (or an allergy-friendly replacement)
- 1/4 cup dried cranberries
- · Small mixing bowl
- 1. Place all ingredients in a small mixing bowl.
- 2. Stir the ingredients about 30 times until they are mixed well.
- 3. Spoon the trail mix into a gallon-size resealable bag. Store in a cool, dry place until ready for use.
- 4. Have a taste.

Write down any changes you'd like to try below:					