



Trail Mix

Easy to prepare - Easy to eat

The perfect **Trail Mix (or Scroggin)** contains:

- 1. Fruity Fun** - sultanas and other dried fruits (apple, cranberries and mangoes are delicious!)
- 2. Something Sweet** - lollies and/or choc chips
- 3. Salty Bite** - dried and salted chickpeas, pumpkin seeds, peas, etc or even soy crisps or pretzels...

Mix in a bowl and portion-pack into snaplock bags.

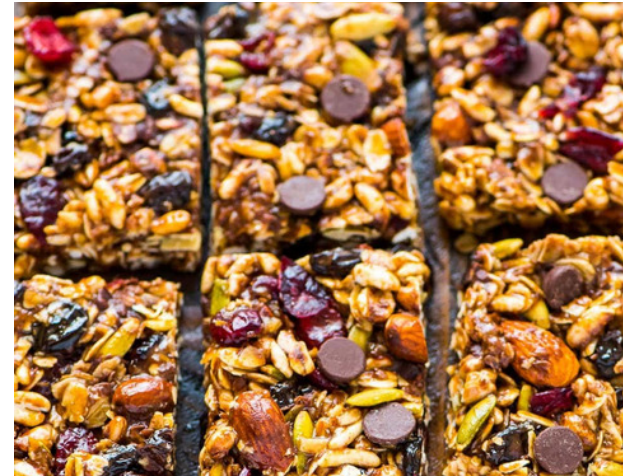
Make your own ... much healthier than the supermarket ones

Essentially all you need is:

- 1. The Good Stuff** (used as the base) - oats (or puffed rice), grains and seeds (sesame, pumpkin, chia, poppy), etc
- 2. Fruity Fun** - cranberries, apricots and dates are great choices
- 3. Stuck on you** (something to stick it all together!) - honey, coconut oil, maple syrup, etc
- 4. Flavour Burst** - cacao powder, shredded coconut, etc

Combine together and mix well. **Form** into bars, balls or whatever shape/size you'd like. **Wrap** in plastic. *Click here for a fun video*

Snack Bars



Nibble-icious

Great for a **snack** or as part of your lunch

- 1. Something Crunchy** - carrot, snowpeas, celery, cucumber (no need to cut any of these up - just take whole and eat) or some cracker biscuits
and
- 2. Something Dippy** - longlife cheese wedges, the foil salsa pouch from the taco kits, tin of tuna, a scoop of Vegemite, etc