



Farmer Fuel Trail Mix

Try this healthy combo of fiber and good fats for a filling afternoon snack.

Photo by Stephanie Gang

Ingredients

1 cup nuts (soy nuts make a fun addition) 1 cup dried fruits 1 cup extra ingredients, depending on your tastes. Pretzel nuggets or cereal squares work well. Avoid anything with chocolate unless you know it will remain in a cool place where it can't melt.

Preparation

Mix ingredients together and store at room temperature in a tightly sealed glass jar.

Recipe from Lisa Kivirist's article Farm-style Fast Food in July/August 2009 Hobby Farm Home.