Trail Mix Recipes

# Trail Mix 1:

* 2 cups Raisins
* 2 cups Peanuts
* 2 cups Chocolate Coated Candy
* 1 cup Sunflower Seeds (shelled)

# Trail Mix 2:

* 1 Cup Almonds
* 1 cup Dried Dark Cherries
* 1/8 tsp Salt
* 1/8 tsp Cinnamon

Trail Mix 3:

* 1 cup Banana chips,
* ½ cup peanut butter chips,
* 1 cup peanuts,
* 1 cup almonds,
* ½ cup dark chocolate chips.

Trail Mix 4:

* 1 1/2 cups raw almonds
* 1 1/4 cups hulled pumpkin seeds
* 1 1/2 cups raw sunflower seeds
* 4 tablespoons organic tamari or Bragg liquid aminos
* 1 teaspoon garlic powder
* 3 teaspoon onion powder
* 1/4 - 1 teaspoon cayenne pepper (1/4 mild - 1 teaspoon SPICY)

Trail Mix 5:

* 1/2 cup whole raw almonds
* 1/2 cup pecan halves
* 1/2 cup walnut halves
* 1/4 cup unsalted shelled sunflower seeds
* 1/4 cup unsalted shelled pumpkin seeds
* 2 tablespoons canola oil
* 1/4 teaspoon salt
* 1/4 teaspoon garlic powder
* 1/4 teaspoon chili powder
* 1/4 teaspoon ground cumin
* 2 pinches cayenne pepper

When would it be important to know the total amount of ingredients needed?

How could we find the total number of ingredients needed?

Directions:

You are asked to bring several types of trail mix to a party the next few weeks. Using the recipes for the trail mixes listed, figure out the total amount needed for each ingredient if you were to make the two that are listed in each example.

Round 1:

Trail mix 1 & Trail mix 2

Total amount of each ingredient needed

Round 2:

Trail mix 1 & Trail mix 3

Total amount of each ingredient needed

Round 3:

Trail mix 1 & Trail mix 4

Total amount of each ingredient needed

Round 4:

Trail mix 1 & Trail mix 5

Total amount of each ingredient needed

Round 5:

Trail mix 2 & Trail mix 3

Total amount of each ingredient needed

Round 6:

Trail mix 2 & Trail mix 4

Total amount of each ingredient needed

Round 7:

Trail mix 2 & Trail mix 5

Total amount of each ingredient needed

Round 8:

Trail mix 3 & Trail mix 4

Total amount of each ingredient needed

Round 9:

Trail mix 3 & Trail mix 5

Total amount of each ingredient needed

Round 10:

Trail mix 4 & Trail mix 5

Total amount of each ingredient needed

## Conclusions:

## Homework:

If you were to make all the trail mixes, how much of each ingredient would you need?