

Do-It-Yourself Trail Mix Bar



A fun twist on the traditional potluck! Everyone brings one or two ingredients to create a buffet style bar. Simply write your name next to the ingredient you would like to bring!

HEARTY GRAINS

Cheerios: _____
Wheat Chex: _____
Rice Chex: _____
Popcorn: _____
Mini Pretzels: _____
Whole Grain Crackers: _____
Other: _____

CRUNCHY ADD-INS

Almonds: _____
Peanuts: _____
Cashews: _____
Walnuts: _____
Pecans: _____
Pumpkin Seeds: _____
Sunflower Seeds: _____
Other: _____

FRUITY ADDITIONS

Dried Cranberries: _____
Raisins: _____
Golden Raisins: _____
Dried Apricots: _____
Dried Apple Chunks: _____
Other: _____

BEVERAGES

Water: _____
Fruit Infused Water: _____
Unsweetened Iced Tea: _____
Tea and Hot Water: _____
Coffee: _____
Other: _____