

Mouth-friendly recipe:

# Scout's trail mix

You sure can get hungry when you're on an adventure. That's why Scout invented this tasty snack. You'll get hungry just thinking about it!

Trail mix can be good for your teeth when you make it with healthy ingredients. Plain dark chocolate has less sugar than other chocolates. Sweet! It may sound nutty, but chewing nuts and seeds helps clean your teeth. There's no sugary dried fruit in Scout's recipe. Who wants that stuck in their teeth?

The sooner you get started, the sooner you can start snacking.

## Here's what you need

- A grown-up to help

- A bowl



¾ cup raw almonds



¾ cup unsalted cashews



½ cup pecans



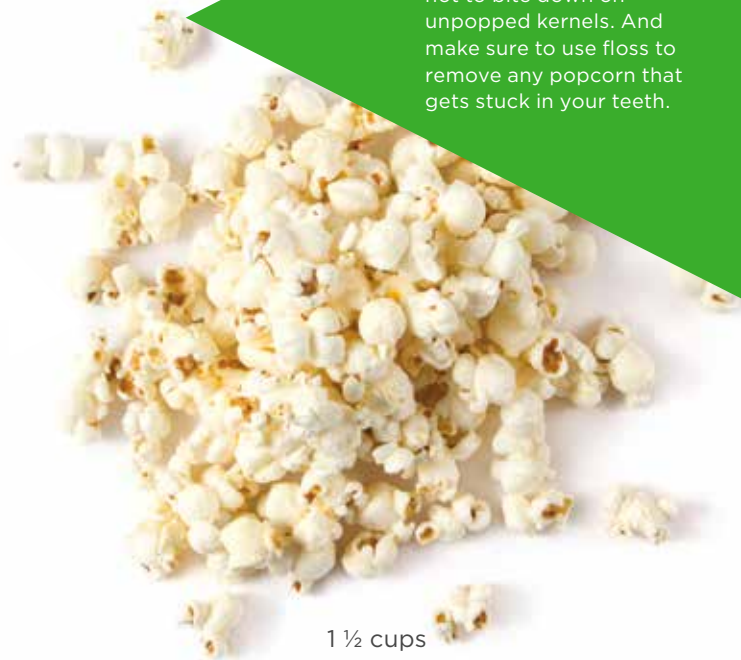
½ cup sunflower seeds



¼ cup dark chocolate chips



¼ cup unsweetened coconut flakes



1 ½ cups popped popcorn

Popcorn looks like llama fur, doesn't it? Be careful not to bite down on unpopped kernels. And make sure to use floss to remove any popcorn that gets stuck in your teeth.

## Here's how to make it

1

Mix all of the ingredients together in a bowl.

2

Scoop about ½ cup into the llama bag you made on page 14.

3

Keep the rest of the mix in a large container with a lid.

4

Take your bag of trail mix on your next adventure.

5

Snack away!