

## **MUD**

Makes about 8 servings

### **Ingredients**

¼ cup rolled oats

¼ cup milk powder (whole milk is best)

¼ cup raisins or craisins

¼ cup chopped walnuts (optional)

¼ cup mini chocolate chips

½ cup peanut butter

½ cup honey

2 Tortilla wraps per person

**AT HOME** – Mix all ingredients together (except for the tortilla wraps), adding a little water to make it easier to spread. Store in a plastic leak-proof container.

**IN CAMP** – Either eat straight from the container, or spread on a tortilla wrap, bagel or crackers.

**NOTE** – use (1) 28 ounce jar peanut butter, (1) 16 ounce jar honey plus about 3-times the other ingredients to make 2-1/2 28 ounce jars of mud. This is a heavy meal to carry, but packed with calories and taste.