



Mud

PREPARATION AT HOME:

1. Mix all ingredients and place in a container for use on the trail.

PREPARATION ON THE TRAIL:

1. Eat straight from the container or use as a spread on crackers or bagels.

REQUIRED EQUIPMENT ON THE TRAIL:

None

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Former Den Leader and Merit Badge Counselor
Oretiana Council

¼ cup old-fashioned oats

¼ cup nonfat milk powder

¼ cup sunflower seeds

¼ cup raisins

¼ cup chopped walnuts

¼ cup mini
chocolate chips

½ cup peanut butter

½ cup honey

Option: Try peanut butter
chips in place of chocolate
chips.

The xtra honey makes
it too sweet. Add
water to make it
More Spreadable.

Double the ~~honey~~
for a more spreadable
mixture.

1 cup = 12 oz bottle

Servings: 10

Total Weight: 1 pound 2 ounces

Weight per Serving: About 2 ounces

Preparation Time on the Trail: None

Challenge Level: Easy