

## Cooking with Trail Mix



Trail mix is made from dried cranberries, dates, figs, prunes and walnuts. It is often packed in 1-pound bags (2½ cups).

A serving size is about ⅓ cup. Because it is made from dried fruit, trail mix is a great source of fiber.

### Uses

Trail mix makes a quick and easy snack—just serve it right from the package. You can also add trail mix to your favorite breakfast cereals or muffin recipe.

### How to store it

For best quality, store unopened packages of trail mix in a cool, dry place. Once a package is opened, store the trail mix in an airtight container. Use it within 6 months.

---

## Trail Blazing Muffins (makes 12 muffins)

### What you need

- ½ cup sugar
- ½ cup applesauce
- 2 tablespoons vegetable oil
- 1 egg
- ¼ cup milk
- 1 cup all-purpose flour
- ½ teaspoon baking soda
- ½ teaspoon baking powder
- ¼ teaspoon cinnamon (if you like)
- ¾ cup trail mix

### How to make it

1. Wash your hands; make sure your cooking area is clean.
2. Preheat the oven to 350 degrees F.
3. In a large bowl, mix sugar, applesauce, oil, egg and milk.
4. Add flour, baking soda, baking powder and cinnamon and mix it thoroughly.
5. Stir in the trail mix until it is moistened.
6. Spoon the mixture into a greased muffin tin and bake it for 20 to 25 minutes.

---

## Nutty Fruit Squares (makes 24 bars)

### What you need

- ½ cup all-purpose flour
- ½ teaspoon baking powder
- ½ teaspoon salt
- 2 eggs
- ½ cup sugar
- ½ teaspoon vanilla
- 1½ cups trail mix

### How to make it

1. Wash your hands; make sure your cooking area is clean.
2. Preheat the oven to 350 degrees F.
3. Mix together the flour, baking powder and salt. Set it aside.
4. In another bowl, beat the eggs until they are foamy, then mix in the sugar and vanilla.
5. Add the dry ingredients to the eggs, sugar and vanilla. Mix them well.
6. Stir in the trail mix. Spread the mixture in a greased 9-inch-square pan. Bake it for 25 to 30 minutes. Cool and cut it into bars.

Adapted from *Commodity Fact Sheet for USDA Household Programs: Trail Mix* by Jenna Anding, Associate Professor and Extension Nutrition Specialist, The Texas A&M System.

Produced by AgriLife Communications, The Texas A&M System  
Extension publications can be found on the Web at: <http://AgriLifebookstore.org>  
Visit the Texas AgriLife Extension Service at <http://AgriLifeextension.tamu.edu>



Educational programs of the Texas AgriLife Extension Service are open to all people without regard to race, color, sex, disability, religion, age, or national origin.

Issued in furtherance of Cooperative Extension Work in Agriculture and Home Economics, Acts of Congress of May 8, 1914, as amended, and June 30, 1914, in cooperation with the United States Department of Agriculture. Edward G. Smith, Director, Texas AgriLife Extension Service, The Texas A&M System.  
Revision