

GORP RECIPE #1

- _ cup of M&M's
- _ cup of almonds
- _ cup of raisins

GORP RECIPE #2

- 1/3 cup of peanuts
- 1/3 cup of raisins
- 1/3 dried apricots
- _ cup of shelled sunflower seeds

GORP RECIPE #3

- _ cup of almonds
- _ cup of peanuts
- _ cup of raisins
- _ cup of low-fat granola
- _ cup of dried apple

GORP RECIPE #4

- 1/3 cup of dates
- 1/3 cup of M&M's
- 1/3 cup of peanuts
- _ cup of coconut
- _ cup of low-fat granola