

GORP

What is GORP exactly? Some people say it stands for “good old raisins and peanuts,” and some say it’s just a funny word for a combination of crunchy, salty, chewy and sweet things. GORP can include a huge range of flavors and textures, as long as the sweet and salty are kept in balance. Combine your favorite dried fruits and nuts, and then add crunchy ingredients like toasted corn, unsweetened cereal, and pretzels. Make these in quantity to keep stashed in your lunchbox and backpack.

■ ADULT: NO ■ HANDS-ON TIME: 5 MINUTES ■ TOTAL TIME: 5 MINUTES ■ MAKES: 7 SERVINGS

KITCHEN GEAR

Measuring cup
Medium-sized bowl
7 snack-size zipper-lock bags

INGREDIENTS

- ½ cup roasted, lightly salted whole almonds (or whatever nuts you like best) *
- ½ cup raisins or dried currants
- ¼ cup dried cranberries or chopped dried apricots (or whatever dried fruit you like best)
- ¼ cup corn or wheat squares cereal (or toasted corn snacks or pretzels)
- ¼ cup toasted green pumpkin seeds (these are also called pepitas)

* If you're allergic to nuts, skip them.

INSTRUCTIONS

1. Put all the ingredients in the bowl and, using your clean hands, toss until well mixed.
2. Put ¼ cup of the mixture in each bag and keep at room temperature up to 1 week.

- GRAINS
- PROTEIN
- VEGETABLES
- FRUITS
- DAIRY



► **WASH** your hands with soap and water and dry them.

► **CLEAN** the countertop.

► **GATHER** all your kitchen gear and ingredients and put them on the counter.

► **SCRUB** all the fruits and vegetables and lay them out on a dishtowel to dry.

► **PREPARE** your ingredients, which means you may have to do something before you get started with the instructions.

