



## DESCRIPTION

U Cook Across the U.S.! And you'll flip for this dish! Host Carrie Shankweiler and her ATV friends show you how to make delicious Blueberry Pancakes. This awesome recipe comes from an ATV fan in Maine!

## MATERIALS

- 1 cup dried cranberries
- 1 cup dried blueberries
- 1 cup dried pineapple
- 1 cup dried apple
- 1 cup raisins
- 1 cup cashews
- 1 cup raw almonds
- 1/2 cup sunflower seeds
- 1 cup chocolate chips

## TOOLS

- Bowls
- Spoons
- Sandwich bags

## DIRECTIONS

1. Add all of your ingredients to a large bowl. You can add or subtract any ingredient you like depending on your taste.
2. Stir all of your ingredients around in the bowl with a spoon.
3. Divide your trail mix into sandwich bags to take to school and on fun trips!