Where Does it Grow?

- Under the ground
- Above the ground
- On a tree

Name: ________________________________
Recipe of the Month

Tropical Trail Mix

Servings per Recipe: 30

**Ingredients**
- 2 Cups Pumpkin Seeds
- 1 Cup Coconut Flakes
- 2 Cups Dried Pineapple
- 2 Cups Dried Banana Chips
- 2 Cups Dried Kiwi

**Directions**
1. Wash Hands.
2. Mix all ingredients together.
3. Enjoy!

**Fun Food For Thought:**
- Dried fruit can be made by taking the water out of the fruit by sun drying or using a dehydrator. Since the water is removed, this also means that the natural sugars in the fruit are concentrated.

How did you like the recipe?
(circle one)