

## Taken from a now-unremembered website...

Fact: Everything tastes better in the outdoors. But when you combine food that's crunchy and salty (like nuts) with stuff that's sweet and chewy (like dried fruit and candy), something magical happens. You've created gorp, the perfect power-packed snack for generations of backpackers.

Need proof that there's magic in trail mix? Listen to James "Bernie" Bernholz, a reader from Camp Hill, Pennsylvania, who still salivates as he recalls a shining moment with gorp:

"After a 6-hour ascent of Gulkana Glacier, Alaska, my five ravenous partners and I combined and shared the treasures of our dwindling snack bags. I don't remember the exact ingredients, but they ranged from dried pineapple to a roll of Lifesavers to lint from our wool shirts and even some shavings from a military C-ration bar. On a ledge of million-year-old ice under a slate-gray sky, the perfect gorp was created, consumed, and not to this day duplicated."

Fortunately, some of you remember (and even write down) the formulas of your most successful concoctions. We know, because when we asked for a peek at your homespun trail mixes in 2000, more than 40 readers forked over favorite recipes.

Then it was our turn to conduct round after round of rigorous taste testing. Throughout fall and winter, we mixed up gourmet blends, fruity health mixes, sweet-tooth specials, and a few bizarre antigorps. A panel of hungry editors sampled the recipes, sampled them again, and then voted for their favorites. Between bites, we came to a few conclusions:

First, to each his or her own. While most hikers think of gorp as a blend of fruit and nuts eaten by the handful (with the requisite crumbs sprinkled on your fleece jacket), readers told us to think outside the zipper-lock bag. Gorp, they said, can be a sweet and crunchy ball, a smooth bar, or a simple grab bag of chocolate goodies.

Second, we couldn't name one overall winner, because, even among our small group of editors, tastes differ incredibly. Still, a few recipes stood out among the mounds of M&M's and hordes of raisins. You'll find those recipes for trail magic below. Bon appétit!

## The Great Gorp Contest

*(page 2)*

### **Chocoholic's Dream**

North Michigan Blend

Chef: Brett C. Claxton,  
Gaylord, Michigan

By our reckoning, at least one out of every three backpackers is a self-professed chocoholic, which is why this gorp quickly became a staff favorite. Sample

comments: "One word: fantastic!" and "perfect for a tired, death-march boost." Chef Brett Claxton (above) boasts (and rightly so): "What makes it unique is the slight smoky perfume from the smoked almonds and how, if the gorp gets warm, the chocolates melt together. Keep in a zipper-lock bag and dip in a cool trout stream to firm up the chocolate."

- 2 ounces dried mangoes
- 2 ounces dried blueberries
- 2 ounces dried tart Michigan cherries
- 2 ounces smoked almonds
- 2 ounces beer nuts
- 3 ounces white chocolate coins
- 3 ounces dark chocolate coins

Mix ingredients in a zipper-lock bag. Yield: 1 pound.

### **Healthiest**

Heartfelt Gorp

Chef: Wayne Limberg,  
Arlington, Virginia

"Calories are seldom a problem for the hiker, but fat and cholesterol can be, especially for us aging boomers," professes Wayne Limberg . "This recipe is designed to keep those bad numbers down and save wear and tear on aging arteries. The secret is the corn nuts: They're low in fat, but salty enough to keep you drinking water." Our testers agreed that the unusual elements work well together and satisfy those familiar on-the-trail salt cravings.

- 1 part almonds
- 1 part corn nuts
- 1 part dried bananas
- 1 part other dried fruit
- 1 part Wheat Chex cereal or Goldfish pretzels

Mix ingredients in a zipper-lock bag.

### **Best Twist On The Original**

Cinna-Gorp

Chef: Bevan Quinn,  
Guilford, Vermont

"Tastes standard at first chomp, but then the cinnamon kicks in for a nice surprise," reported one editor after subsisting on little more than Cinna-Gorp and water on a round-trip climb of Washington's Mt. St. Helens. Another likened it to "cinnamon toast with chocolate." Creator Bevan Quinn claims backpackers aren't the only fans of this recipe. "On a 0°F February night at the Perch shelter on Mt. Adams, New Hampshire, I had a few handfuls of gorp before bed and left the bag on the floor next to me. The next morning, I noticed a little hole in the bag and a trail of Cinna-Gorp on the floor. Mountain mice like it, too!"

- 1 1-pound, 14-ounce jar dry-roasted peanuts
- 1 or 2 14 1/2-ounce bags Crispy M&M's
- 1 or 2 9-ounce bags Dole CinnaRaisins

Mix ingredients in a gallon-size zipper-lock bag. Yield: 4 pounds.

### **Hottest**

Trail Mix from India

Chef: Barbara Burke,  
Birmingham, Alabama

At first, only a few of the diehard "heat" lovers among the editors appreciated this spicy gorp. But after 5 days of taste bud-numbing dehydrated food, our crew finally saw the light: sprinkle a handful of this crispy heat over pasta to add a kick. We quickly dubbed it "backpacker's hot sauce!"

- 2 tablespoons vegetable oil
- 2 cups Rice Krispies cereal
- 2 cups raisin bran cereal
- 1/4 cup sliced, dried jalapeño peppers
- 1/2 cup raisins
- 1 cup cashew halves
- 1/2 teaspoon salt
- 2 tablespoons sugar
- 1 tablespoon chili powder

Preheat oven to 250°F. Warm the oil in a large skillet over low heat. Brown both cereals in the oil, stirring constantly. Remove from heat and spread onto a cookie sheet. Bake for 30 minutes. Remove from oven, add remaining ingredients, and mix well. Yield: 6 cups.

### **Best Breakfast Gorp**

Cup of Wow!!!

Chef: Sharon Burrer,  
Silverdale, Washington

"No time for coffee? Grab a handful of this stuff." That's the verdict from our taste testers, who praised this simple but imaginative concoction. "Just three ingredients, but they're darned good ones," said one editor. The only downside is that the chocolate-covered coffee beans are expensive—\$6 to \$8 for a 10-ounce bag. Fortunately, you don't need much of this gorp to reap its energy-boosting or taste bud-titillating benefits. Starbucks, eat your heart out.

- 1 cup cashews
- 1 cup flaked coconut
- 1 cup chocolate-covered coffee beans

Mix ingredients in a zipper-lock bag. Yield: 3 cups.

### **Most Exotic**

#### Golden Gorp Nuggets

Chef: DeeDee Grafius,  
Modesto, California

"Good, healthy food you can get your hands on quickly." That's DeeDee Grafius's humble opinion of her gorp recipe. An all-seasons, all-conditions backpacker, Grafius (right) makes sure her trail mix can stand up to backcountry life. "I like to scramble and get off the trail. It's much easier to grab a few nuggets than a handful of loose nuts and fruits. Plus, when it's cold and I have gloves on, I can handle it easier without spilling." Our testers loved the "unique combination of wheaty and sweet, with a hint of date."

- 1 cup salted toasted soy nuts
- 1 cup crisp rice cereal (found in health-food stores; not Rice Krispies cereal)
- 1 cup Glad Corn (available from G.E.F. Inc., 800-692-6762; [www.gladcorn.com](http://www.gladcorn.com)) or dried sweet corn
- 1/4 cup sunflower seeds
- 3/4 cup dried cranberries
- 1/2 cup date nuggets
- 3/4 cup barley malt (a sweetener found in health-food stores)
- 1/2 cup fruit source (a sweetener found in health-food stores)
- 2 tablespoons peanut butter

Preheat oven to 350°F. Toss together soy nuts, crisp rice, corn, sunflower seeds, cranberries, and date nuggets and set aside. Pour barley malt, fruit source, and peanut butter into a saucepan and boil until the mixture is hot and foamy, about 5 minutes. Immediately pour the syrup over the seed, grain, and fruit mixture, and mix well. Press onto a greased cookie sheet with a wet glass used as a rolling pin. Bake until the mixture bubbles, about 10 to 15 minutes. Let it cool in the pan until cool enough to handle, then pull the mixture into nuggets or cut into bars. Cool completely. Store in the refrigerator until your trip. Yield: 6 cups.

### **Most Basic**

#### M&M's—Straight Up

Chef: Pat Villeneuve,  
Tempe, Arizona

Why mess up a good thing with a lot of extraneous ingredients? That's Pat Villeneuve's mantra. "I perfected this recipe while hiking the Appalachian Trail: Pour the contents of a large bag of M&M's into a zipper-lock bag. Stir to distribute colors. Enjoy!"

### **Lightest Weight**

#### Wafer Gorp

Chef: Chris Lancaster,  
Brighton, Tennessee

Some folks find that chocolate and other candy make traditional gorps too sweet. To them, we say: Try Wafer Gorp. "It has a healthy, veggie-like taste with plenty of crunch, and just a touch of sweetness provided by the restrained dose of M&M's and the yummy vanilla wafers," said one tester. An added bonus: This gorp is featherweight.

- 1 1/2 ounces raisins
- 2 tablespoons M&M's
- 2 tablespoons unsalted dry-roasted peanuts
- 2 teaspoons sunflower seeds
- 4 tablespoons Cheerios cereal
- 2 to 4 dried apples
- 1 tablespoon dried sweet cherries
- 1 tablespoon dried carrots
- 4 or 5 vanilla wafers

Mix ingredients in a quart-size zipper-lock bag. Yield: 2 cups.

### **Gourmet Taste**

#### Super Glorious Gorp

Chef: Patricia Armstrong,  
Naperville, Illinois

"Gorp as I make it," explains Patricia Armstrong, "combines three basic types of ingredients in a confusing array of varieties and binds them together with a chocolaty matrix. Here's how:

- Use a total of 2 cups cereal grains by picking three or four of the following: wheat germ, rolled oats, Grape Nuts, bran buds, bircher muesli, granola.
- Use a total of 2 1/2 cups dried fruit by picking three or four of the following: orange peel, cherries, raisins, apricots, pears, figs, apples, bananas, cranberries, peaches, dates.
- Use a total of 3 cups chopped nuts and seeds by picking three or four of the following: coconut, cashews, almonds, brazil nuts, walnuts, macadamia nuts, filberts, leche nuts, sunflower seeds, peanuts, chestnuts, sesame seeds, pecans, hickory nuts.
- Use a total of 42 ounces chips plus
- 1 tablespoon syrup from the following: semi-sweet chocolate chips, butterscotch chips, peanut butter chips, honey, molasses.

Our testers thought the cranberry option (below) was a winner. "I love the crunchies inside the chocolate bar. It's like a new experience with each bite," raved one tester. It's best for cooler trips so it doesn't experience meltdown.

#### Super Glorious Cranberry Gorp

- 1/2 cup almonds
- 1/2 cup pecans
- 1/2 cup hickory nuts or cashews
- 1 cup raisins

- 1/2 cup dried apples
- 1/2 cup dried cranberries
- 1/2 cup dried apricots
- 1 cup shredded coconut
- 1 cup rolled oats
- 1/2 cup wheat germ
- 1/2 cup Grape Nuts or bran buds cereal
- 1/4 cup sunflower seeds
- 1/4 cup sesame seeds
- 24 ounces semi-sweet chocolate chips
- 18 ounces butterscotch chips
- 1 tablespoon molasses

Chop nuts and dried fruit and place in a large dish. Add coconut, oats, wheat germ, Grape Nuts, sunflower seeds, sesame seeds, and mix well. Melt chips and molasses in a double boiler, then pour over mixture. Mix well and press into a cookie sheet. Cool and cut into 2-by-4-inch chunks. Wrap in plastic wrap or foil; freeze or store until ready to use. Yield: 9 squares.

### **Best Oatmeal Booster**

Superior Hiking Trail Gorp

Chef: Donna C. Zimm,  
Duluth, Minnesota

"A veritable berry-fest," enthused one editor, but after a few days in our packs, this mixture started to lose its visual appeal. That's when we stirred it into our oatmeal and discovered the true calling of this fruity gorp: to add punch and pizzazz to blah bowls of morning gruel. And darn it if it ain't good for you. "This gorp is for all the fans of Rice Krispies Treats," creator Donna Zimm says, "but it's high in fiber, low in sugar, and made from all-natural ingredients."

- 3 tablespoons butter
- 10 ounces marshmallows
- 3 cups brown crisp rice cereal (found at health-food stores)
- 2 cups cooked wild rice
- 1 cup raw pumpkin seeds
- 1 cup sunflower seeds
- 1 cup dried cranberries
- 1 cup dried blueberries

Melt the butter in a saucepan. Add the marshmallows, and stir until melted. Add the crisp rice cereal and cooked wild rice and mix well. While the mixture is still warm, pinch off 1/2-inch bits and allow them to dry on a cookie sheet. Mix 4 cups of these rice crumbles with the rest of the ingredients. Yield: 8 cups.

### **Best Substitute**

Fritos Gorp

Chef: Ken Horstman,  
Terre Haute, Indiana

"Fritos in gorp! What an interesting combination," said one tester. And chef Ken Horstman has good reason to use this unique ingredient. "I can't eat nuts," he says, "so I use Fritos for the salty part."

- 7 ounces yogurt-covered raisins
- 7 ounces mixed dehydrated berries
- 5 ounces Fritos Corn Chips
- 8 ounces Crispy M&M's

Mix ingredients in a zipper-lock bag. Yield: 13/4 pounds.

### **Best M&M's Alternative**

Semi-Sweet Gorp

Chef: Lisa M. Johnson,  
Citrus Heights, California

This sounds very similar to the original, but it has a different taste. "I'm not a fan of milk chocolate, so the semi-sweet chips make it taste more like a dark chocolate mix," commented one picky tester.

- 1 part dry-roasted peanuts
- 1 part raisins
- 1 part semi-sweet chocolate chips

Mix ingredients in a zipper-lock bag.

### **Quickest Mix**

You Forgot the What? Gorp

Chef: Wayne Limberg,  
Arlington, Virginia

"You've been planning for weeks and are halfway to the trailhead when you suddenly remember that you left the gorp at home," Wayne Limberg recounts from experience. "Don't panic. The ingredients for the mix below can be found at any convenience store and result in a more-than-acceptable gorp." Acceptable, indeed. Just the right combination of crunchy-chewy-salty, said our testers.

- 1 part peanuts, cashews, or mixed nuts
- 1 part Raisinettes or M&M's
- 1 part corn nuts
- 1 part pretzel nuggets or sticks
- 1 part Reese's Pieces
- 1 part dried tropical fruit mix (optional)

Mix well and enjoy!

### **Animal Lover's Mix**

Vegan Gorp

Chef: Tania Brown,  
Kanab, Utah

If you thought eating vegan meant gnawing on bark, wait 'til you get a load of this mix. "Crunchy, sweet, salty, and free of animal-derived products. It tames hunger quickly, but doesn't leave you with that brick-in-your-stomach feeling like some trail mixes," said one tester. Tania Brown developed the recipe and uses it to introduce others to a healthy diet. "I meet people who want to adopt a health-conscious menu and don't know where to start. Usually, I find these people with candy bars, MSG-coated, artificially flavored snack chips, and guilty looks," Brown says.

- 1/2 pound Roasted Tamari Nut Mix (available from Summertime Foods, 888-328-9473; [www.summertime.com](http://www.summertime.com))
- 1/2 pound vegan carob chips (available at health-food stores)
- 1 pound fruit and nut harvest mix (a blend of mixed nuts, dried apricots, dried figs, and raisins available at groceries and health-food stores)
- 1/2 pound dried papayas
- 1/2 pound dried mangoes
- 1 pound hemp seed granola (available from Nature's Path, 604-940-0505; [www.naturespath.com](http://www.naturespath.com)), or any honey-free granola mix and a handful of hulled hemp seeds (optional)

Mix ingredients in a zipper-lock bag. Yield: 4 pounds.

## Recipes

Gorp

### American Indian Trail Mix

#### Recipe Ingredients

- 1 Cup dried cranberries
- 1 Cup dried apple slices
- 2 Cups sugar-coated rice cereal
- 1 Cup raisins
- 1 Cup pine nuts or walnuts
- 1 Cup candy corn pieces
- 1 Cup Goldfish crackers

**Serves:** -

Mix well. Yield: 8 cups.

CHEF: Janet M. Scott, South River, New Jersey

□This mixture is virtually fat-free,□ says Janet Scott, □and it□s especially tasty while sitting around a campfire on a cool night.□

Gorp

## Brand-Name Gorp

### Recipe Ingredients

- 2 parts Planters dry roasted peanuts
- 1 part Planters dry roasted sunflower kernels
- 1 part Sun-Maid California golden raisins
- 1 part M&M's
- 1 part Reese's Pieces

**Serves: -**

Mix well in a zipper-lock bag and enjoy!

CHEF: Heather Columbia-Kinney, Fairfield, Ohio

☐You must use these brands,☐ claims chef Heather Columbia-Kinney.

**Gorp**

## California Gorp

### Recipe Ingredients

- 2 Cups sliced almonds
- 3 Cups raisins
- 12 Ounces milk chocolate M&M's Mini Baking Bits
- 1 Cup diced dried apricots
- 1 Cup dried cranberries
- 4 Cups Honey Nut Cheerios
- 3 Cups granola
- 1 1/2 Cups cocktail peanuts
- 1 Cup sunflower seeds
- 1 Cup raw pumpkin seeds

**Serves: -**

Mix together well in a zipper-lock bag. Yield: 19 cups.

CHEF: Mary Jo Flynn, Fullerton, California

☐For a quick meal,☐ says maker Mary Jo Flynn, ☐use this gorp as a breakfast cereal. I mix powdered milk in my water bottle the night before, then tie the bottle off in a river so the milk☐s ice cold the next morning. For a really hearty breakfast, mix 1/4 to 3/4 cup of gorp with pancake mix and fry the pancakes. The fruit and chocolate are the perfect combination so you won☐t need syrup.☐

**Gorp**

## Cheerios Gorp

## Recipe Ingredients

- 1 part M&M's
- 1 part raisins
- 1 part Cheerios

**Serves: -**

Mix well in a zipper-lock bag and enjoy!

CHEF: Jim Reynolds, Oakton, Virginia

□I□m allergic to peanuts, which leaves out one of the main ingredients of the traditional recipe,□ says Jim Reynolds, so he uses Cheerios cereal instead. □If I want a real sugar rush, I use Honey Nut Cheerios,□ he says. □The moisture in the raisins balances out the dryness of the Cheerios.□

**Gorp**

## Cinnamon-Apple Gorp

### Recipe Ingredients

- 4 Tablespoons butter
- 2 Tablespoons packed brown sugar
- 2 Tablespoons honey
- 2 Teaspoons cinnamon
- 2 Cups Grape Nuts cereal
- 1 Cup chopped dried apples
- 1/2 Cup chopped walnuts
- 1 Cup pretzel pieces

**Serves: -**

Melt the butter in a saucepan on low heat, then stir in the sugar, honey, and cinnamon. Add the Grape Nuts slowly and stir to coat. Cook for 5 minutes, stirring occasionally. Pour mixture onto waxed paper and press it into a solid block, about 1/4-inch thick. Allow to cool, then break into 1/4-inch nuggets. Put the nuggets in a zipper-lock bag with the rest of the ingredients and mix well. Yield: 6 cups.

CHEF: Susan Newquist, BACKPACKER Associate Editor, Emmaus, Pennsylvania

This mix is very light and only slightly sweet. It makes a good dinner appetizer.

**Gorp**

## Convenience Store Gorp

### Recipe Ingredients

- 6 Ounces Goldfish crackers
- 1 Pound M&M's
- 16 Ounces peanuts (salted, unsalted, honey roasted, whatever)

**Serves: -**

Dump the ingredients into your zipper-lock gorp bag and shake. Done! Yield: 2 1/2 pounds.

CHEF: Erika Kent, Waukesha, Wisconsin

□This is the only gorp my husband and I ever make anymore, and the best part, other than the taste, low cost, and simplicity, is that you can make another batch in virtually any town that has a convenience store,□ says chef Erika Kent. □The mixture holds up remarkably well during travel, although the Goldfish are a little tired and squished toward the end. We adjust the ratios of ingredients as our cravings dictate.□

**Gorp**

## **Crunchy Grubs**

### **Recipe Ingredients**

- 1 Tablespoon brown sugar
- 6 Tablespoons sugar
- 1/4 Tablespoon cinnamon
- 1/4 Teaspoon nutmeg
- 1/2 Teaspoon salt (for topping)
- 1 Cup flour
- 1 egg
- 1 Teaspoon vegetable oil
- 2 Teaspoons water
- 1/4 Teaspoon salt (for grubs)

**Serves: -**

Mix brown sugar, 1 tablespoon of sugar, cinnamon, nutmeg, and salt in a bowl and set aside; this is the topping. In a separate bowl, mix 3/4 cup of flour with the egg, vegetable oil, water, salt, and 5 tablespoons of sugar to make a dough. Bring a large pot of water to a boil. Use the extra 1/4 cup of flour to keep the dough from sticking to your hands as you roll it into 1 1/2-inch-long grubs. Drop the grubs into the boiling water one at a time as you are making them. Boil the grubs for about 10 minutes, until they□re cooked through (they□ll rise to the top of the water) and remove them from the pot. Then fry the grubs in enough vegetable oil to cover them. After about 10 minutes, they should begin to brown. When lightly browned, remove them from the oil and sprinkle with the topping. Let them sit for at least an hour, until they□re crunchy. Yield: 4 cups.

CHEF: Adam Jeser, Mt. Morris, New York

## Gorp

### Golden Cashew Gorp

#### Recipe Ingredients

- 1 part plain M&M's
- 1 part golden raisins
- 1 part salted cashews

#### Serves: -

Mix ingredients well in a zipper-lock bag.

CHEF: Mary Ann Wolff, Sedona, Arizona

□Over the years, I□ve added dates, sunflower seeds, apricots, dried cranberries. You name it, I□ve tried it,□ says Mary Ann Wolff of her quest for great gorp. □But I keep coming back to the old standby; nothing beats it! The flavor mix is fantastic!□

## Gorp

### Gourmet Gorp

#### Recipe Ingredients

- 1 part walnut halves
- 1 part dried cherries
- 1 part plain or peanut M&M's

#### Serves: -

Mix well.

CHEF: Mary Ellen Endo, Chicago, Illinois

□This mix is more expensive than raisins and peanuts, but the taste is worth the price,□ says maker Mary Ellen Endo. □Walnuts have a much better flavor than peanuts, cherries beat raisins for flavor by a mile, and, of course, you□ve gotta have chocolate.□

## Gorp

### Granola Gorp

#### Recipe Ingredients

- 1 16-ounce Nature Granola, natural flavor\*
- 1 1/2 Cups cocktail peanuts
- 1 Cup raisins

- 1 Cup M&M's Mini Baking Bits

**Serves: -**

Mix ingredients in a zipper-lock bag. Yield: snacks for 1 person for 5 or 6 days on the trail.

CHEF: Paul Weum, Deforest, Wisconsin

□This gorp is best if made shortly before the hike and kept cool so the granola doesn't absorb the raisins' moisture, which tends to make it less crispy than I like, says Weum. □On cold mornings when oatmeal has lost its charm, I mix Granola Gorp into my cup of hot chocolate. The M&M's melt, but that just adds to the chocolaty flavor.□

\*Nature Granola is available from Organic Milling Co., 909-599-0961.

**Gorp**

## **Hawaiian Gorp**

### **Recipe Ingredients**

- 3/4 Cup banana chips
- 1/2 Cup dried pineapple pieces
- 1/2 Cup dried apricots
- 1/2 Cup dried papaya, cut into 1/2-inch pieces
- 1/4 Cup large coconut chips
- 1 Cup macadamia nuts
- 1/2 Cup diced candied ginger\* (optional)

**Serves: -**

Mix well. Yield: 4 cups.

CHEF: Roddie Larsen, Menasha, Wisconsin

□The ingredients give this the sweet flavor of the Islands, says Roddie Larsen, □and the high fat content of the macadamias makes it a long-lasting energy source.□

\*diced candied ginger is available at health-food stores

**Gorp**

## **Instant Gourmet Gorp**

### **Recipe Ingredients**

- 7 Ounces dried fruit pieces (raisins, golden raisins, dried apple bits, dried apricot bits, dried cherries)
- 10 Ounces dry-roasted deluxe mixed nuts

**Serves: -**

Mix well in a zipper-lock bag. Yield: 1 pound.

CHEFS: Heidi and Jeff Fitch, Laurel, Montana

□This combination carries well,□ say the Fitches, □does not melt or get sticky, and the pieces are large enough to get from the bag to your mouth without falling through your fingers. There is very little scent, which is comforting when hiking in bear country. If necessary, it□s nutritious emergency food, and it doesn□t deteriorate in sub-zero or extremely high temperatures.

**Gorp**

## **Joanne□s Spicy Trail Mix**

### **Recipe Ingredients**

- 2 Ounces Atkins "Just The Cheese" snack chips\*
- 1/2 Cup smokehouse almonds
- 1 Cup corn nuts

**Serves: -**

Mix well. Yield: 2 cups.

CHEF: Joanne King, South Lake Tahoe, California

\*Atkins □Just The Cheese□ snack chips are available from Atkins Direct, 1-800-228-5467; [www.atkinscenter](http://www.atkinscenter.com)

**Gorp**

## **John□s Trail Granola**

### **Recipe Ingredients**

- 1 1/2 Cups canola oil
- 1 Cup honey
- 2 Tablespoons vanilla
- 1 Cup powdered milk
- 1 Cup wheat germ
- 1 Cup shredded coconut
- 2 Cups raisins
- 2 Cups sliced nuts (hazelnuts, Brazil nuts, and almonds recommended)
- 8 Cups oatmeal

**Serves: -**

Preheat oven to 300F. In a huge saucepan, heat to a simmer the canola oil and honey. Slowly stir in the vanilla, powdered milk, wheat germ, coconut, and raisins. Remove from the heat and stir in sliced nuts, then oatmeal. Stir until all ingredients are coated (this is hard work). Spread granola no more than 1 inch deep on large baking pans. Bake for 20 to 30 minutes, stirring every 10 minutes, until the oats are slightly browned and the raisins are plump. Remove from the oven and spread on a kitchen counter to cool. Yield: 15 cups. Each cup weighs about 1/3 of a pound.

CHEF: John Nethercut, Baltimore, Maryland

□The main virtues,□ explains creator John Nethercut, □are that it packs in nutrition and long-lasting energy, is vegetarian, and uses no processed sugars. It□s also versatile. I pack 2 to 3 cups in a zipper- lock bag near the top of my pack with my mug and spoon. In the late morning, I eat a cup or so. If it□s raining or I□m in a hurry, I eat it plain. If I□m inclined to a more leisurely lunch, I stop, reconstitute some powdered milk in a Lexan bottle (shaken, not stirred), and eat it like breakfast cereal. I stop again in midafternoon for another cup or so, and I□m good to go □til making camp.□

**Gorp**

**Licorice Gorp****Recipe Ingredients**

- 3 parts deluxe mixed nuts (cashews, hazelnuts, almonds, Brazil nuts, peanuts)
- 1 1/2 parts plain M&M's
- 1 1/2 part dried cherries
- 1 1/2 parts dried cranberries
- 1 part licorice bites

**Serves: -**

Mix well in a zipper-lock bag.

CHEF: Todd A. Lee, Novi, Michigan

**Gorp**

**Maple Nut Gorp****Recipe Ingredients**

- 3 Pounds deluxe mixed nuts
- 1 Pound peanut M&M's
- 1 Pound plain M&M's
- 1 Pound peanut butter M&M's
- 1 Pound crispy M&M's

- 15 Ounces raisins
- 7 1/2 Ounces Maple Nut Goodies candy
- 7 Ounces French burnt peanuts

**Serves: -**

Mix ingredients well and put in individual bags. Yield: 8 3/4 pounds.

CHEF: Lori Higley, Lapeer, Michigan

☐I have a really hungry family of five, so this usually lasts about 2 hours or so!☐  
laments maker Lori Higley.

**Gorp**

## **Michigan Gorp**

### **Recipe Ingredients**

- 2 parts dried Michigan cherries
- 1 part almond M&M's

**Serves: -**

Mix well in a zipper-lock bag.

CHEF: Mark K. Thompson, Indiana

☐You☐ll get a sugar buzz from this, so you☐d better be hiking,☐ says creator Mark Thompson.

**Gorp**

## **Papaya Gorp**

### **Recipe Ingredients**

- 1/2 Cup banana chips
- 1/2 Cup diced dried papaya
- 1/4 Cup honey roasted peanuts
- 1/4 Cup sunflower seeds
- 5 broken-up peanut butter granola bars

**Serves: -**

Mix well in a zipper-lock bag. Yield: 3 cups.

CHEF: Alex Smith, Charleston, West Virginia

**Gorp**

## Party Gorp

### Recipe Ingredients

- 16 Ounces Chex Mix-Bold Party Blend
- 18 Ounces honey roasted peanuts
- 22 Ounces M&M's
- 1 1/2 Pounds raisins

**Serves: -**

Mix well in a zipper-lock bag. Yield: 5 pounds.

CHEF: James D. Carpenter, Traverse City, Michigan

**Gorp**

## Pumpkin Granola Gorp

### Recipe Ingredients

- 32 Ounces granola (I like cherry-almond flavor)
- 8 Ounces organic raisins
- 8 Ounces raw pumpkin seeds
- 8 Ounces dry roasted, unsalted soy nuts

**Serves: -**

Mix ingredients well. Yield: 3 1/2 pounds.

CHEF: Bill DeVries, Kentwood, Michigan

**Gorp**

## Q's Delight

### Recipe Ingredients

- 1 part yogurt-covered pretzels
- 1 part dried banana chips
- 1 part raw almonds

**Serves: -**

Mix well.

CHEF: John Keeler, Phoenix, Arizona

□We were deep in the most gorgeous canyon in Arizona□s Superstition Mountains, Upper Fish Creek,□ recalls John Keeler. □My hiking buddy, Kumen, pulled out this messy-looking white bag. Never have I tasted a gorp with such naturally complementary flavors!□

**Gorp**

## **Red, White, and Blue Gorp**

### **Recipe Ingredients**

- 1 part dark blue M&M's\*
- 1 part white chocolate chips
- 1 part raisins
- 1 part Spanish peanuts

**Serves: -**

Mix ingredients well in a zipper-lock bag.

CHEF: Dave Mayer, Pasadena, California

□Knowing that Philmont Scout Ranch in New Mexico was going to supply all the food for my Boy Scout troop□s 73-mile, 10-day trek made me nervous. What if there wasn□t enough food or they forgot that all-important food group, chocolate!?!□ worried Dave Mayer of Troop 4 in Pasadena, California. □So, besides everything else that I packed as Lead Advisor of our 10-person crew, I packed 2 pounds of my custom trail mix. Fortunately, there was still enough left on the last day that my crew shared the remainder with the others.□

\*bags of individual colors are available at [www.m-ms.com/colorworks](http://www.m-ms.com/colorworks)

**Gorp**

## **Russell□s Sweet Trail Mix**

### **Recipe Ingredients**

- 3 1/2 Ounces macadamia nuts
- 10 Ounces M&M's
- 12 Ounces peanut or almond M&M's
- 12 Ounces mixed nuts without peanuts

**Serves: -**

Mix well in zipper-lock bag. Yield: 2 1/4 pounds.

CHEF: Joanne King, South Lake Tahoe, California

**Gorp**

## Spicy, Salty, Chewy, Shredded Squid Mix

### Recipe Ingredients

- 8 Ounces dried, shredded squid (substitutions: dried scallops or any type of jerky cut into bite-size bits)
- 8 Ounces wasabi peas (the spicier the better)
- 8 Ounces assorted rice crackers
- 8 Ounces spicy rice crackers
- 1 Cup cashews
- 1 Cup lightly salted cocktail peanuts
- 1 Cup spicy sesame sticks
- 1 Cup finely chopped dried apple (optional)

### Serves: -

Pull apart the shredded squid pieces so they won't clump. Mix in the other ingredients, and serve. Don't tell your hiking partners what they're eating; they're more likely to enjoy it! Yield: 2 pounds.

CHEF: Jonathan Dorn, BACKPACKER Managing Editor, Emmaus, Pennsylvania

□Eating 6 pounds of regular gorp on a 15-day hike in the Canadian Rockies permanently cured me of my good-old-raisins-and-peanuts-and-chocolate fixation,□ says creator Jonathan Dorn. □Now I mix up exotic munchies that'll surprise my taste buds on the trail. Three of my favorite flavors--salty, spicy, and seafood--are combined in this recipe, which features treats my sister introduced me to when she lived in Japan. You can find the more unusual ingredients in Asian food stores.□

**Gorp**

## Squirrel Mix

### Recipe Ingredients

- 1 part raw hulled sunflower seeds
- 1 part raw whole almonds
- 2 parts white seedless raisins

### Serves: -

Mix ingredients well.

CHEF: Peggy Bayless, Fallbrook, California

□This is my favorite trail mix because it□s all natural, high in fiber, and low in sugar and sodium,□ says chef Peggy Bayless.

**Gorp**

## Sue Mix

### Recipe Ingredients

- 3 1/2 Cups granola
- 1 Cup Quaker Toasted Oatmeal Squares cereal
- 1/4 Cup dried cranberries
- 1/2 Cup raisins
- 3/4 Cup chopped dried fruit (such as apples, bananas, pears, peaches, mangoes, dates)
- 1/2 Cup mixed nuts
- 1 Cup crushed pretzel sticks
- 1/2 Cup salted peanuts
- 1/4 Cup pumpkin seeds
- 1/2 Cup sunflower seeds
- 1/2 Cup semisweet chocolate chips
- 1 Cup M&M's
- 1/4 Cup butterscotch chips

### Serves: -

Mix well in a zipper-lock bag. Yield: 9 cups.

CHEF: Susan Newquist, BACKPACKER Associate Editor, Emmaus, Pennsylvania

□I started making this mix in college and my friends dubbed it □Sue Mix,□□ says Susan Newquist. □I had to hide it from them so it wasn□t gone before it ever got to the trail!

**Gorp**

## Super Glorious Raisin-Date Gorp

### Recipe Ingredients

- 1/2 Cup almonds
- 1/2 Cup walnuts
- 1/2 Cup cashews
- 1 Cup raisins
- 1/2 Cup dates
- 1/2 Cup dried pears
- 1 Cup rolled oats
- 1/2 Cup wheat germ
- 1/2 Cup Grape Nuts or bran buds
- 1 Cup coconut
- 1/4 Cup sunflower seeds
- 1/4 Cup sesame seeds
- 24 Ounces semi-sweet chocolate chips
- 18 Ounces peanut butter chips
- 1 Tablespoon honey

**Serves: 9**

Chop the nuts and fruits and place in a large dish. Add the oats, wheat germ, Grape Nuts, coconut, sunflower seeds, and sesame seeds, and mix well. Melt the chips and honey in a double boiler, then pour the liquid over the mixture. Mix well and press into a cookie sheet. Cool and cut into 2-by-4-inch chunks. Wrap in plastic wrap or foil and freeze or store until ready to use. Yield: 9 squares.

CHEF: Patricia Armstrong, Naperville, Illinois

**Gorp****Sweet & Salty Gorp****Recipe Ingredients**

- 12 Ounces cocktail peanuts
- 6 Ounces dried cranberries
- 14 Ounces Starburst jellybeans
- 10 Ounces M&M's (optional)

**Serves: -**

Mix well in a zipper-lock bag. Yield: 2 1/2 pounds.

CHEF: Chad Branham, Evergreen, Colorado

**Gorp****The Original****Recipe Ingredients**

- 1 part M&M's
- 1 part raw peanuts or assorted nuts
- 1 part Sunkist raisins

**Serves: -**

Mix ingredients well in a zipper-lock bag.

CHEF: Michael Danowski, Bowie, Maryland

□If you keep this sealed in a zipper-lock bag, it lasts a year or more,□ advises Michael Danowski. □That sometimes happens, depending on the length of my troop□s Boy Scout backpacking trips and how well we hide our supplies.□

**Gorp****Trail Mix**

## **Recipe Ingredients**

- 1 Cup tamari pumpkin seeds\*
- 1 Cup tamari sunflower seeds\*
- 1 Cup unsalted, toasted soy nut halves
- 1 Cup raisins
- 3/4 Cup chocolate chips
- 3/4 Cup dried cranberries

## **Serves: -**

Mix ingredients well in a zipper-lock bag. Yield: 5 1/2 cups.

CHEF: Patricia Berman, Denver, Colorado

\*tamari pumpkin seeds are available from Hungry Moose Market and Deli, 800-277-9640; [www.hungrymoose](http://www.hungrymoose)

\*tamari sunflower seeds are available from JIT Products, Inc., 530-758-9988; [www.jitinc](http://www.jitinc)