

Trail Smoothie

Ingredients:

Raspberry Crystal Light
Tang
Coffee Creamer

Base:

Mix one container of Raspberry Crystal Light drink mix (enough to make two quarts) with enough Tang to make two quarts.

At home:

For each Trail Smoothie, put one teaspoon of the base in a ziplock bag with two teaspoons of coffee creamer.

On the trail:

Add one cup of water to the ziplock bag, close tightly and shake until all the powder is mixed with the water, pour into a cup and drink or bring a straw with you for no cleanup.

For more trail/backpacking recipes, send an email to jshields@abelsontaylor.com and we'll send you a PDF of our Troop 516 Backpacking Cookbook.