

# S.C.R.O.G.G.I.N. (Scroggin)

Kiwi traditional walking food.

This mix is high energy and interesting, just what is needed for mountain walking in **New Zealand**<sup>1</sup> or the Lake District.

## Ingredients

S

**FAIRTRADE** sultanas

Strawberry flavoured Divine  
Chocolate

C

Divine Chocolate chunks

Doves Farm chocolate chips

R

Raisins

Raspberry flavoured Divine Dark  
chocolate

Rum and Raisin Fudge

O

Divine Orange chocolate

G

GeoBar pieces

G

Ginger Fudge

I

Irish cream truffles

Imagination

N

Brazil nuts

**FAIRTRADE** cashew nuts

Walnuts

## Method

Mix together what you have and it is high energy food for walking up **Great Gable**<sup>2</sup>.

Oh yes, imagination. Now imagine you don't actually go a bomb on ginger fudge, you could substitute **Fair Trade** dried apricots, or **Fair Trade** dried pineapple, or a few pumpkin seeds, or **Fair Trade** dried bananas.

## To serve

Whenever you get peckish.

## Variation

Whatever is to hand.

Traidcraft Chocolate coated ginger is good addition as well as providing **C** and **G**.

Green and Blacks' Maya Gold Chocolate, with the unique **O**range flavour could be considered as **C** and **O** in one chunk.

<sup>1</sup>[http://www.fairtradecookbook.org.uk/countries/new\\_zealand.htm](http://www.fairtradecookbook.org.uk/countries/new_zealand.htm)

<sup>2</sup><http://www.wasdaleweb.co.uk/wasdalewebGablecam.html>