

Tasty Trail Mix

4 servings

What you need:

- 2 ½ cups low-fat microwave popcorn (like Jolly Time Healthy Pop)
- 1 ½ cups honey nut or plain cheerios
- ¼ cup raisins or craisins (dried cranberries)
- ¼ cup honey roasted soy nuts
- ¼ cup plain M & Ms (or try dark chocolate chips)



All you do:

1. Pop popcorn.
2. Mix all ingredients together. Enjoy!

Nutrition Information, per serving (a little over a cup): 180 calories, 5g fat, 2g saturated fat, 0 cholesterol, 165mg sodium, 30g carbohydrate, 4g fiber