



Popcorn Trail Mix



Category: Grain/Bread

HACCP Process: 1- No Cook

Smart Snack: Meets Criteria

Ingredients	For 14 Servings		Directions
	Weight	Measure	
Air popped popcorn		12 cups	<ol style="list-style-type: none">1. Combine all ingredients in a large bowl or bag.2. Divide portions in individual bags or sealable bowls.
Krave, Chocolate Cereal		4 cups	
Cheerios		4 cups	
Pretzel twists		4 cups	
Honey flavored shredded wheat		4 cups	

Serving Size: 2 cups (54 grams)

Yield: 14 Servings

Not creditable in a reimbursable school meal due to popcorn.

Nutrition Analysis: Serving Size: 2 cup

Calories: 190

Calories from Fat: 18

Total Fat: 2.6g

Saturated Fat: 0.6g

Trans Fat: 0g

Cholesterol: 0mg

Sodium: 192mg

Total Carbohydrate: 23g

Dietary Fiber: 2g

Sugars: 7.4g

Protein: 4g

Vitamin A: 329 IU

Vitamin C: 20mg

Calcium: 40mg

Iron: 9mg

Adapted from Iowa State University Extension and Outreach – Spend Smart. Eat Smart. <http://www.extension.iastate.edu/foodsavings/>