

Sweet and Salty Popcorn Trail Mix

Total Time: 10 minutes Serving Size: 1 cup Makes 14 servings

Ingredients:

1. 8 cups popped popcorn (Pre-made or freshly popped) *1/2 cup popcorn kernels will make >10 cups popcorn
2. ½ cup chopped dried apricots
3. 1 cup dried cranberries
4. 1 cup unsalted cashews or pumpkin seeds
5. ½ cup chocolate chips
6. 1 cup pretzels



Instructions: Place all ingredients in a large bowl and combine with a spoon. Store in airtight container for up to five days.

Nutrients per Serving: 190 calories, 3g protein, 6g fat, 188mg sodium, 33g carbohydrate, 3g fiber



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