

MAKE A GREAT PLATE.

Popcorn Trail Mix

INGREDIENTS

- 4 cups popped salted popcorn
- ¼ cup unsalted almonds, pecans or cashews
- ¼ cup unsalted sunflower or pumpkin seeds
- 1 tbsp neutral oil (avocado or canola)
- 1 tbsp honey
- ½ tsp cinnamon

DIRECTIONS

In large mixing bowl, combine popcorn, nuts and seeds. **In** small bowl, combine oil and honey. **Pour** over trail mix. **Sprinkle** with cinnamon and toss to coat. **Enjoy** with a spoon – it's sticky.

Makes 6 Servings. Each: 125 calories • 3g protein • 9g total fat • 8g carb
3g sugar • 2g fiber • 15mg sodium • 1g saturated fat • 4g mono fat • 4g poly fat

