

Poppin' Corn Trail Mix



Ingredients

- 7-10 Cups popped popcorn
- 2 cups whole grain cereal
- 1 cup dried fruit. Try raisins or cranberries
- 1 cup mini marshmallows

Preparation

1. Wash hands before preparing food.
2. Mix ingredients together.
3. Enjoy!

Tips

For variation, don't be afraid to mix things up! Add some nuts or seeds (walnuts or sunflower seeds) for extra crunch and protein; use pretzels or small snack crackers instead of cereal; try other dried ingredients such as coconut flakes; or make it spicy with a dash of chili powder.



<https://eatsmartidahointhekitchen.com/2021/06/10/poppin-corn-trail-mix/>



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