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Snack Time Mix

Prep Time: 5 minutes

Cost per serving: \$0.12

What you need:

Utensils:

- Measuring cups & spoons
- Mixing spoon
- Large bowl

Ingredients:

- 2 cups air-popped popcorn
- ¼ cup dry roasted peanuts
- 2 cups corn chex cereal
- ½ cup pretzels
- 1 teaspoon (cajun, taco, or ranch) seasoning
- 1 teaspoon onion powder
- non-stick cooking spray

What to do:

1. Wash your hands and clean your cooking area.
2. Mix popcorn, nuts, cereal, and pretzels in a large bowl.
3. Spray lightly with non-stick cooking spray and sprinkle with seasoning and onion powder.
4. Stir to coat evenly. Serve immediately.

Optional: For a sweeter version, omit seasonings and add raisins.
Sprinkle mix with cinnamon.

Nutrition Facts

Serving Size 3/4 cup	
Servings Per Container 6	
Amount Per Serving	
Calories 100	Calories from Fat 30
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% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 16g	5%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 3g	
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Vitamin A 4%	• Vitamin C 4%
Calcium 4%	• Iron 15%