

Recipe: Healthy Popcorn Trail Mix

Servings: 4

Serving Size: 3 cups

Ingredients:

- 9 Tbsp popcorn kernels
- 2 Tbsp vegetable oil
- 2 oz. (about 15 pieces) whole, unsalted almonds or sliced almonds.
- 3 pieces of dried apricots or 1.5 Tbsp other dried fruit.
- **Seasoning options:** e.g. paprika, garlic powder, white pepper, garlic and herb powder, steak seasoning.

Directions:

1. Pour oil into a large pot and put over medium heat.
2. Add kernels to the pot and gently stir to coat the kernels with the oil. Cover the pot with a lid.
3. Do not leave the popcorn unattended.
4. Listen for popping sounds, do not remove lid.
5. Once the popping sounds have slowed down, remove the pot from heat and wait for the popping sounds to stop entirely.
6. Remove popped popcorn from the pot and place in a large bowl/ container. Leave un-popped kernels in the pot .
7. Put the pot back on the heat source to pop the remaining kernels. Some kernels may not pop.
8. Add the popcorn to the bowl/ container and add seasoning, nuts, and dried fruit. Stir the mixture.



This recipe is vegan and gluten free. It provides whole grains, unsaturated fats, and fruit. It is a fibrous snack with protein and iron. You can reduce sodium content by choosing sodium-free seasonings.

CALORIES	CARBOHYDRATES	FATS	PROTEINS	CHOLESTEROL	SODIUM	SUGAR
305 kcal	36g	15g	7g	0 mg	0 mg	9g