

Sweet & Salty Snack Mix

Prep Time 5 mins
 Total Time 5 mins
 Meal Type Snack
 Servings 8



Ingredients

lb,c g,ml

- 2 cups popcorn
- 1 cup honey roasted cashews (or other nut/seed)
- 1 cup dried apples
- 1/3 cup dried cherries
- 1 cup peanut butter stuffed pretzels
- 1 cup pea crisps

Directions

Make

1. Mix all ingredients together in a large bowl.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories 106 per serving		Total Fat 2.3g	3%	Total Carbohydrates 20g	6%
		Saturated Fat 0.3g	1%	Dietary Fiber 2g	9%
		Trans Fat 0.0g		Total Sugars 11g	
		Cholesterol 0mg	0%	Protein 2g	
	Sodium 100mg	4%			
Vitamin D 0mcg 0% · Calcium 7mg 0% · Iron 1mg 3% · Potassium 105mg 2%					

* The Percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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