

Pop Snack

Two servings 1 ½ cups each calories 49 0 gram fat per serving

2 cups unbuttered, unsalted popcorn (you can use packaged or light microwave popcorn, or make it yourself in an air popper.)

¼ cup dried apples, apricots or other dried fruit

½ cup small, unsalted pretzels

¼ cup unsalted peanuts

¼ cup raisins

1. Place popcorn in bowl.
2. Cut the dried fruit into small pieces and add to the popcorn.
3. Add pretzels, peanuts and raisins to the popcorn mixture. Mix all ingredients together.