

SATISFYING SNACK MIX

Satisfying Snack Mix

Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 25 (Serving = 1 cup)

Nutrition (per serving)

Calories: 190	Total Carbohydrate: 26
Total Fat: 8 g	Dietary Fiber: 3 g
Saturated Fat: 3 g	Total Sugars: 12 g
Sodium: 106 mg	Protein: 4 g

Ingredients

- 14 cups (4 - 2.69 ounce bags) Orville Redenbacher's[®] SmartPop![®] Kettle Corn
- 2 cups honey roasted peanuts
- 7 cups Brown Sugar Quaker[®] Oatmeal Squares
- 2 cups M&Ms[®]

Directions

1. Pop popcorn according to package directions.
2. In a large bowl, mix all ingredients until well combined.