



HEALTHY POPCORN TRAIL MIX

August 31

National Trail Mix Day



INGREDIENTS

- 1½ Ounces Cashews
- 1½ Ounces Almonds
- ⅔ Cup Dried Cranberries
- 9 Cups Popcorn

DIRECTIONS

1. Combine all ingredients

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

MEAL TYPE

-  Snack

YIELD

12 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
1¾ Cups	1¾ Cups	3½ Cups	3½ Cups