

Herb Snack Mix

Yields 5 - 1 cup servings

3 cups popped plain popcorn (~2 T un-popped kernels)
1 cup crushed pretzel pieces
1 cup wheat chex™ cereal
1 t canola oil
1 T grated parmesan cheese
1 t powdered marinara sauce mix (from envelope)
1/2 t garlic powder
1 t Italian seasoning



Combine popcorn, pretzels, and cereal in a bag. Add oil and shake to coat the mixture. Sprinkle in parmesan cheese, marinara sauce mix, garlic powder, and Italian seasoning and shake bag to coat evenly.

Nutrition Facts: 110 calories, 2 g fat (0 g saturated fat), 250 mg sodium, 2 g dietary fiber, 3 g protein. Excellent source of iron.

