

# **Popcorn Trail Mix**

From the American Institute of Cancer Research

<http://www.aicr.org/foods-that-fight-cancer/cranberries.html#recipes>

## **Ingredients**

- 2 cups air-popped popcorn
- 1 ½ cups unsweetened whole-grain oat dry cereal
- ¼ cup golden raisins
- 3 Tbs. dried blueberries
- 3 Tbs. dried cranberries
- 3 Tbs. dry-roasted almonds, coarsely chopped
- 3 Tbs. chopped dried pineapple
- 2 Tbs. roasted pumpkin seeds
- 2 Tbs. dry-roasted sunflower seeds

## **Instructions**

1. Combine all ingredients in large bowl.
2. Serve, or store in airtight container for up to 3 days.

*Makes 10 servings*

## **Nutrition information per serving:**

Calories	91
Carbohydrate	15 g
Dietary Fiber	2 g
Protein	2 g
Total Fat	3 g
Sodium	37 mg

