

Popcorn Treats

Makes: 2 servings

Ingredients

2 tablespoons margarine (melted, or butter)

5 cups popcorn (popped)

3/4 cup raisins

1 cup shredded wheat (bite-size)

1 tablespoon sugar (brown or white)

1 1/4 teaspoons cinnamon

Directions

1. Pop popcorn.
2. Mix popped corn, raisins, and cereal in a large bowl.
3. Mix sugar and cinnamon in small dish.
4. Drizzle melted margarine or butter over mixture.
5. Add sugar and cinnamon mixture.
6. Shake or stir until all ingredients are evenly distributed.

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Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	480	
Total Fat	13 g	20%
Protein	8 g	
Carbohydrates	93 g	31%
Dietary Fiber	9 g	36%
Saturated Fat	2 g	13%
Sodium	140 mg	6%