

Speedy Trail Mix

Ingredients:

4 cups of Air-popped Popcorn
2 cups of Cinnamon Teddy Grahams
1 cup of Chopped Dried Fruit

Instructions:

Combine the ingredients!

Nutrition Facts:

100 Calories
2g of Fat
22g of Carbs
2g of Fiber
9g of Sugar
2g of Protein



Prep Time:
5 minutes

Total Time:
5 Minutes

Makes: 14 servings
1/2 cup each