

Cran-Savory Popcorn Mix

Yields 5 - 1 cup servings

3 cups popped plain popcorn (~2 T un-popped kernels)
2/3 cup dried cranberries
1/2 cup dry roasted peanuts
1 cup crushed pretzel pieces
1 t canola oil
1 T grated parmesan cheese



Combine popcorn, cranberries, peanuts, and pretzels in a bag. Add oil and shake to coat the mixture. Sprinkle in parmesan cheese and shake again to coat mixture.

Nutrition Facts: 180 calories, 7 g fat (1 g saturated fat), 170 mg sodium, 3 g dietary fiber, 5 g protein.

