Popcorn Treats

Yield 2 servings

Ingredients

2 tablespoons	margarine (melted, or butter)
5 cups	popcorn (popped)
3⁄4 cups	raisins
1 cup	shredded wheat (bite-size)
1 tablespoon	sugar (brown or white)
1 1⁄4 teaspoon	cinnamon

Instructions

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.

Cost

Per recipe: $1.87
Per serving: $0.93

Source

Montana State University Extension, Nutrition Education Programs, Buy Better. Eat Better. recipes

Nutrition Facts

Serving Size 1/2 of recipe (129g)
Servings Per Container 2

Amount Per Serving

Calories 480 Calories from Fat 120

	% Daily Value*
Total Fat 13g	**20%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 140mg	**6%**
Total Carbohydrate 93g	**31%**
Dietary Fiber 9g	**36%**
Sugars 44g	
Protein 8g	

Vitamin A 10% • Vitamin C 2%
Calcium 8% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4