



Let's get the family energized for a fun night together! Grab the kids and have them help shake up this snack mix.

Ingredients:

- 3 cups air-popped pop corn
- 1/4 cup pecan halves, or your favorite nuts
- 1/4 cup dried strawberries
- 1/4 cup dried cranberries
- 1/4 cup dried blackberries
- 1 cup toasted oat cereal
- 1 cup whole wheat pretzels, sticks, or small twists



Directions

1. Combine all ingredients in a large bowl and toss to combine.

Makes 8 servings.

REMINDER TO SELF: Ask parents if children have any food allergies!