



Trail Mix Popcorn Bars



INGREDIENTS

- 6 cups air-popped popcorn, crushed
- 2 cups rolled oats
- ½ cup chopped almonds, unsalted
- 1 cup dried cherries
- ½ cup mini chocolate chips
- 1 tablespoon cinnamon
- ¾ cup honey
- ¾ cup brown sugar
- ¼ teaspoon salt

Nutrition Information:

Calories: 217, Total Fat: 5g, Saturated Fat: 1.5g, Cholesterol: 0mg, Sodium: 40mg, Total Carbohydrate: 44g, Fiber: 3g, Protein: 3g

DIRECTIONS (Yields 16 servings)

1. Line a 9 X 13-inch baking dish with parchment paper.
2. In a large bowl, mix the popcorn, oats, almonds, cherries, chocolate chips and cinnamon.
3. In a small pot over medium-high heat, combine the honey, brown sugar and salt. Cook until the brown sugar dissolves, about 2-3 minutes, stirring frequently to avoid burning. Let the mixture come to a low boil for 1-2 minutes, stirring constantly. Remove pot from heat and pour honey mixture over popcorn mixture. Use a rubber spatula to stir until dry ingredients are well coated.
4. Transfer the mixture to prepared baking dish. Use wax paper to press the mixture into the baking dish and create an even layer. Let cool for about one hour then cut into 16 bars