



# Snack

**LIVE WELL  
ALABAMA**

**#EatBetter**



Follow Us   

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. USDA is an equal opportunity provider and employer. [www.LiveWellAlabama.com](http://www.LiveWellAlabama.com)

The Alabama Cooperative Extension System (Alabama A&M University and Auburn University) is an equal opportunity educator and employer. Everyone is welcome! Please let us know if you have accessibility needs. [www.aces.edu](http://www.aces.edu)

New April 2019, FCS-2352

©2019 by the Alabama Cooperative Extension System. All rights reserved.

## **Sweet and Salty Popped Mix**

### **Helpful Hints**

Use snack-size plastic bags to control portions between mealtimes.

Protein power! Nuts are a great source of plant protein.

Try other dried fruits, such as apricots or cranberries, to pack a fruity punch.

# Sweet and Salty Popped Mix

Serves 6

## Ingredients

Light microwavable popcorn,  
3.5-ounce bag  
1½ cups raisins  
1 cup pretzels  
½ cup mixed nuts

## Directions

1. Microwave popcorn according to directions on bag.
2. In large bowl, mix popcorn, raisins, pretzels, and mixed nuts.
3. Place in plastic snack bags for easy grab-and-go snacks.