

Popcorn Munch

- Serves 8 1 ½ Cups Per Serving

Ingredients:

- 2 cups graham cracker cereal
- 2 cups sweetened wheat puff cereal
- 8 cups popped popcorn, unsalted



Directions:

Mix cereal and popcorn in a microwaveable bowl. Microwave on high for 1 ½ minutes or until hot. Let stand for 5 minutes. Break in pieces. To make in an oven, mix in a metal pan with sides and bake at 350 F for 6 minutes. Cool 5 minutes and break into pieces.

Analysis		Renal and Renal Diabetic Exchanges	
Calories 122	Sodium 104 mg	1 Starch	
Carbohydrates 20 grams	Potassium 71 mg	1 Fat	
Protein 2 grams	Phosphorus 46 mg		
Fat 4 grams			