

# TRAIL MIX POPCORN SNACK BARS



## ingredients:

6 cups air-popped popcorn, crushed	1 Tablespoon cinnamon
2 cups rolled oats	3/4 cup honey
1/2 cup chopped almonds, unsalted	3/4 cup brown sugar
1 cup dried cherries	1/4 teaspoon salt
1/2 cup mini chocolate chips	

## directions:

1. Line a 9 x 13-inch baking dish with parchment paper.
2. In a large bowl, mix together 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.
4. Remove pot from heat and pour honey mixture over popcorn mixture. Use a rubber spatula to stir until dry ingredients are well coated.
5. Transfer the mixture to prepared baking dish. Use wax paper to press the mixture into the baking dish into an even layer.
6. Let cool for about one hour, then cut into 16 bars.

Yield: 16 bars

## Nutrition Information Per Serving:

217 Calories  
5 grams Fat  
1.5 grams Saturated Fat  
0 mg Cholesterol  
40 mg Sodium  
44 grams Carbohydrates  
3 grams Fiber  
3 grams Protein

Food exchanges:  
3 1/2 starch, 1/2 fruit, 1 fat



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