

Popcorn Trail Mix

Nuts and seeds like pumpkin and sunflower seeds are full of fiber, nutrients, heart healthy monounsaturated fats, and protein, making them a delicious and nutritious snack option.

YIELD 10 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 15 MIN
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INGREDIENTS

½ cup Pumpkin Seeds, raw
½ cup Sunflower Seeds, raw

For the Popcorn:

¼ cup Popcorn Kernels

For the Trail Mix:

½ cup Dried Cherries
¼ cup Chocolate Chips, semi-sweet

CHEF'S NOTES

Popcorn is a delicious whole grain snack on its own and a great way to lighten up your favorite trail mix.

You can customize this recipe with different nuts and dried fruits to suit your preferences. Add whole grain pretzels or a crispy cereal to add even more crunch!

Store any leftover snack mix in an airtight container for up to 7 days.

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. To toast the pumpkin and sunflower seeds: heat a small skillet over medium-high heat and add the seeds. Stir occasionally until fragrant and brown, about 2-3 minutes. Pay close attention as they can go from golden brown to burnt very quickly. Once toasted, transfer the hot seeds to a medium bowl to prevent burning.
3. Make the popcorn: Place the popcorn kernels in a brown paper lunch bag and fold the top tightly, then place in the microwave and cook for 2 minutes or until the popcorn kernels stop popping. Transfer the popcorn to a large bowl to cool.
4. Make the trail mix: Add the chocolate chips and dried fruit to the popcorn along with the toasted seeds. Stir to combine and enjoy!

Nutrition Facts

10 servings per container

Serving size 1 cup (32g)

Amount Per Serving

Calories 150

% Daily Value*

Total Fat 8g 10%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 16g 6%

Dietary Fiber 2g 7%

Total Sugars 8g

Includes 5g Added Sugars 10%

Protein 4g 8%

Vitamin D 0mcg 0%

Calcium 10mg 2%

Iron 1.6mg 8%

Potassium 120mg 2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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