Crunchy Snack Cups

Serves: 6-15

Ingredients

¼ cup corn kernels

½ cup plain dried fruit
(e.g. sultanas, apricots, cranberries, apples)

½ cup whole grain cereal
(e.g. puffed wheat or Cheerios)

Kernel to popcorn guide:

2 tbsp corn kernels (1/8 cup)
= 4 cups

4 tbsp corn kernels (¼ cup)
= 8 cups

8 tbsp corn kernels (½ cup)
= 16 cups

Method

1. Prepare popcorn according to packet instructions.
2. Combine popcorn in a large bowl with other ingredients and mix well.
3. Serve in ziplock bags, paper cups or bags or in lunchboxes!

Hungry for more?
Contact the Fuel to Go & Play® team
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Recipe adapted with permission from Foodcore Nutrition Services Inc.