



HG's Ultimate Movie-Viewing Snack Mix



1/4th of recipe (about 2 1/2 cups): 187 calories, 3.5g total fat (2g sat. fat), 235mg sodium, 35g carbs, 3g fiber, 14g sugars, 3g protein

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Ingredients

- 1 standard-sized bag 94% fat-free butter-flavored microwave popcorn
- 2 1/2 tbsp. peanut butter chips (found in the baking aisle)
- 1 1/2 tbsp. brown sugar (not packed)
- 1/2 tsp. cinnamon
- 2 1/2 cups Chocolate Cheerios (or another low-fat chocolatey cereal with about 130 calories per cup)

Directions

Cook popcorn according to package directions. Meanwhile, place peanut butter chips into a small sealable plastic bag; using a meat mallet or another heavy utensil, finely crush chips through the bag.

Once popcorn is just cool enough to handle, measure 8 cups and place in a large microwave-safe bowl, discarding any unpopped kernels. (Save the rest of the popcorn for another time.) Evenly sprinkle crushed peanut butter chips, brown sugar, and cinnamon over the popcorn.

Microwave for 30 seconds, or until the crushed peanut butter chips have partially melted.

Gently but thoroughly mix contents of the bowl to evenly distribute the toppings. Add chocolate cereal and mix well.

Serve it up (or pack it into sealable bags) and enjoy!

MAKES 4 SERVINGS

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