

Fruity and Nutty Popcorn Snack Munch

A diabetic-friendly recipe

Ingredients:

- 9 cups air-popped popcorn
- Butter-flavored cooking spray
- 1 cup raisins
- 1 1/3 cups chopped dried apricots
- 1/2 cup roughly chopped pecans
- 1 cup miniature marshmallows
- 1 teaspoon ground cinnamon
- 2 tablespoons Splenda brown sugar



Directions

1. Place popcorn in a large bowl. Spray with butter-flavored cooking spray.
2. Add raisins, apricots, pecans, and marshmallows and toss to combine.
3. Sprinkle evenly with cinnamon and Splenda brown sugar. Stir to combine.

Makes 12 servings

To make a recipe card, print on card stock paper. Cut out along dotted lines. Glue the front and back of the card together.