



# Trail Mix

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## How much popcorn do you need?

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

4 tablespoons corn kernels (1/4 cup) = 8 cups popcorn

8 tablespoons corn kernels (1/2 cup) = 16 cups popcorn

**Traffic light category: Green Serves: 32**

## Ingredients

- 1/2 cup corn kernels
- 1 cup plain dried fruit e.g. sultanas, cranberries, apricots, apples
- 1 cup whole grain cereal e.g. puffed wheat or Cheerios
- 2 cups cereal bites (1-2 pieces per serve) e.g. Weetbix bites; Mini Wheats
- To serve: paper bags; ziplock bags; paper/plastic cups

## Method

1. Prepare popcorn as per instructions using a popcorn maker; or
2. Place 2 tablespoons of popcorn in a brown paper bag; fold the top over and place in microwave for approximately 90 seconds; stay close to the microwave and remove if the popping stops before the time has finished; repeat until all kernels have been popped
3. Combine popcorn, dried fruit and first cereal (e.g. puffed wheat or Cheerios) in a bowl
4. Place 1-2 cereal bites in each bag/cup
5. Place 3/4 cup of trail mix in each bag/cup



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