



Carribbean Crunch

Makes 22 servings

Ingredients:

- 3 cups Wheat Chex cereal
- 1 cup pepitas (pumpkin seeds - you could also use peanuts, almonds or any other nut)
- 1 cup raisins
- 1 cup dried banana chips
- 2 Tbsp coconut oil
- 2 Tbsp honey
- ½ tsp cinnamon
- 1 cup flaked coconut
- 4 cups crumbled popcorn cakes (we used Skinny Pop brand - you could also use popcorn or crumbled rice cakes)

Directions:

1. Heat oven to 300 degree F.
2. On sheet pan, mix together cereal, nuts, and banana chips. In a small pot add coconut oil and honey and heat over low heat until coconut oil is melted. Stir in cinnamon and pour over cereal mixture on sheet tray. Mix until evenly coated.
3. Bake in oven, uncovered, 10 minutes. Stirring once. Stir in crumbled popcorn cakes or popcorn, and coconut. Store in airtight container.
4. Enjoy!

Nutrition Facts

22 servings per container

Serving size 1/2 Cups

Amount Per Serving

Calories 150

% Daily Value*

Total Fat 8g 10%

Saturated Fat 4.5g 23%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 65mg 3%

Total Carbohydrate 20g 7%

Dietary Fiber 3g 11%

Total Sugars 8g

Includes 0g Added Sugars 0%

Protein 4g 8%

Not a significant source of vitamin D, calcium, iron, and potassium

*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.