

# Easy Popcorn Snack Mixes

Yield: 4 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-popcorn-cereal-recipe>

## Ingredients:

- 1/4 cup corn popping, unpopped
- 1/2 tablespoon avocado oil or any kind of oil
- 8 cups popcorn popped
- 1/2 cup raw almonds
- 5 medjool dates pitted and chopped
- 1 cup cereal cinnamon
- 1 tablespoon coconut oil melted
- 2 tablespoons maple syrup
- 1 teaspoon ground cinnamon
- 1/8 teaspoon sea salt or more to taste
- 8 cups popcorn popped
- 2 cups mini pretzels rods
- 1 cup pepitas raw
- 1/4 cup olive oil
- 2 teaspoons garlic powder
- 1/4 cup grated Parmesan cheese
- 1/8 teaspoon sea salt or more to taste
- 8 cups popcorn
- 1 1/2 cups peanuts
- 1 cup coconut chips unsweetened
- 1/4 cup natural peanut butter all-
- 1/2 cup dark chocolate chips
- 1/4 teaspoon sea salt or more to taste
- 8 cups popcorn popped
- 2 cups mini pretzels
- 2 cups Rice Chex
- 1/4 cup olive oil + 1 tablespoon
- 2 1/2 tablespoons seasoning all-natural ranch
- 1/8 teaspoon sea salt or more to taste

## Nutrition:

1. Calories: 2010 calories
2. Carbohydrate: 211 grams
3. Cholesterol: 5 milligrams
4. Fat: 113 grams
5. Fiber: 28 grams
6. Protein: 56 grams
7. SaturatedFat: 28 grams
8. Sodium: 2180 milligrams
9. Sugar: 39 grams

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