



Salted Caramel Popcorn Mix



1/5th of recipe (about 2 cup): 156 calories, 3g total fat (1g sat. fat), 224mg sodium, 33g carbs, 4.5g fiber, 10g sugars, 3g protein

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Ingredients

- 8 cups popped 94% fat-free kettle-corn-flavored microwave popcorn (about 1 standard-sized bag's worth)
- 1 1/2 cups [Fiber One Honey Clusters cereal](#)
- 1 oz. (about 40) pretzel sticks, broken into pieces
- 2 tbsp. mini semi-sweet chocolate chips
- 4 cubes chewy caramel (like Kraft Traditional Caramels), chopped

Directions

Preheat oven to 275 degrees.

Spray a large baking sheet with nonstick spray. Place (popped) popcorn on the sheet in an even layer. Evenly top with cereal and pretzel pieces. Evenly sprinkle chocolate chips and chopped caramel (making sure caramel pieces don't stick together) on top of cereal-pretzel layer.

Bake in the oven until caramel pieces have just slightly melted, 5 - 6 minutes. Meanwhile, get two large spoons ready so you can immediately toss the mixture after baking.

Remove sheet from oven. Immediately and gently toss mixture on the sheet with the spoons, making sure to evenly distribute melted chocolate and caramel. Divide into 5 servings and enjoy!

MAKES 5 SERVINGS

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