



SHANNON CROCKER'S MUNCHIE MIX

Ingredients (1 Serving)

- Air-popped popcorn
- Whole-grain cereal (wheat squares, o's, puffs)
- Dried fruit (apricots, raisins, apple, pear)
- Roasted chickpeas
- Unsalted pretzels
- Unsweetened coconut flakes
- Whole grain mini crackers
- Dark chocolate chips (optional)

Directions

- Place a variety of the above ingredients on a table in different bowls with spoons/serving utensils
- After washing their hands, have kids make their own crunchy medley using the ingredients they like the best. Store it in an airtight container or baggie.