



## January 12- Monkey Crunch

Not Smart Snack

Link: <https://recipes.sparkpeople.com/recipe-detail.asp?recipe=1756772>

### Recipe

#### *Ingredients:*

- 6 cups air popped popcorn
- 1 cup banana chips
- 2 cups dry-roasted peanuts
- 1 cup dried cranberries

#### *Directions:*

1. Mix all ingredients together in large bowl. Store in airtight container.

Yield 10 servings

### Nutrition Facts

Serving Size 1 cup (46.51g)  
Servings Per Container 10

#### Amount Per Serving

**Calories** 240    **Calories from Fat** 120

**% Daily Value\***

**Total Fat** 13g    **20%**

Saturated Fat 3.5g    **18%**

Trans Fat 0g

**Cholesterol** 0mg    **0%**

**Sodium** 170mg    **7%**

**Total Carbohydrate** 24g    **8%**

Dietary Fiber 4g    **14%**

Sugars 13g

**Protein** 6g    **12%**

Vitamin A 0%    •    Vitamin C 0%

Calcium 0%    •    Iron 4%

\* Percent Daily Values are based on a 2,000 calorie diet.