



### MOVIE NIGHT / HEALTHY PICK N MIX

This is the perfect on the go snack pack , make a batch and fill into airtight sandwich bags to have in the car or handbag or for your own movie night mix!

 10 minutes 1 portion

## INGREDIENTS

- 30 grams of snacks, popcorn, air-popped
- 25 grams of nuts, mixed nuts, dry roasted, with peanuts, without salt added
- 30 grams of chocolate, dark, 70-85% cacao solids
- 1 unit, pitted of dates, medjool [24 g]

## COOKING METHOD

- 1° Popcorn: Unbuttered / Low salt / No sugar Cacao Chocolate - 70% cacao plus - 2 squares = 1 portion 1 piece of dried fruit Handful of raw unsalted unroasted nuts Enjoy creating your own mix!

## NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (109 g)	% DRI
ENERGY	471 kcal	514 kcal	26 %
PROTEIN	11 g	12 g	23 %
CARBOHYDRATE	56 g	61 g	23 %
SUGARS	23 g	25 g	27 %
FAT	25 g	28 g	39 %
FATTY ACIDS, TOTAL SATURATED	9 g	10 g	48 %
FIBER	10 g	11 g	43 %
SODIUM	9 mg	10 mg	0 %