

Heart Healthy Recipes

from Gwinnett Medical Center



Popcorn Delight

- 3 Cups unsalted, low fat popped popcorn
- 1 Tbsp sliced almonds
- 2 Tbsp dried fruit-raisin, apricots, cranberries
- ½ tsp cinnamon
- 1 tsp sugar

Preparation:

Mix all ingredients.

Serves: 1

Per serving: Calories 230, Total Fat 7g, Sodium 274mg