



Perfect Party Cones



Serving Size: 1 cone

Yield: Makes 24 servings

Nutrition Information

One serving is 70 calories, 2 g fat, 0 mg cholesterol, 75 mg sodium, 15 g carbohydrates, 1 g fiber, and 1 g protein

Key

c = cup, T = tablespoon, t = teaspoon, lb = pound, oz = ounce, fl oz = fluid ounce, pkg = package

Ingredients

- o 3 c Popcorn, popped
- o 2 c Cereal, multigrain
- o 1 c Dried fruit, mixed
- o 1 c Pretzels, tiny twists
- o ½ c Chocolate chips
- o 24 Wafer ice cream cones

Directions

1. MIX popcorn, cereal, dried fruit, pretzels and chocolate chips.
2. SCOOP mix into ice cream cones. ENJOY!

Chickasaw Nation Nutrition Services

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