



Crispy and Spicy Snack Mix

Ingredients

- Nonstick cooking spray
- 2 cups square whole-wheat cereal
- 1 cup unsalted pretzel twists
- ½ cup square reduced-fat cheese crackers
- ½ cup whole-wheat snack crackers
- 1 ½ tablespoons butter, melted
- 1 tablespoon ginger stir-fry sauce
- 1 teaspoon chili powder
- 1 teaspoon ground cumin

Directions

1. Heat oven to 250°F.
2. Spray baking sheet with nonstick cooking spray and set aside.
3. Combine cereal, pretzels, cheese crackers, and whole-wheat crackers in a bowl.
4. In a separate bowl, combine melted butter, ginger stir-fry sauce, chili powder, and cumin. Drizzle over cereal mixture, tossing to coat.
5. Spread mixture on a baking sheet.
6. Bake for 30 minutes or until crisp, stirring twice.

Note: Instead of baking, mixture can be microwaved in a microwave-safe baking dish for 6 minutes at 2-minute intervals. Stirring every 2 minutes.

Nutrition Facts

Serving Size 1 serving (51.35g)
Servings Per Container 8

Amount Per Serving

Calories 210 **Calories from Fat** 60

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 380mg **16%**

Total Carbohydrate 32g **11%**

Dietary Fiber 4g **16%**

Sugars 3g

Protein 5g

Vitamin A 4% • Vitamin C 0%

Calcium 2% • Iron 30%

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