

Recipes

Crispy and Spicy Snack Mix

Equipment:

Large bowl

Small bowl

9 x 13 baking pan

Measuring cups

Measuring spoons

Spatula or mixing spoon

Number of Servings: 8

Prep Time: 5 minutes

Total time: 35 minutes

Ingredients:

Non stick cooking spray

- 2 cups small square whole wheat cereal
- 1 cup pretzel twists
- 1/2 cup square cheese crackers, reduced fat
- 1/2 cup whole wheat crackers
- 1 1/2 tablespoons butter, melted
 1 tablespoon ginger stir-fry sauce
- 1 teaspoon chili powder
- 1 teaspoon ground cumin

Directions

- 1. Preheat oven to 250°F. Spray baking pan with cooking spray, set aside.
- 2. Combine first four ingredients in bowl.
- 3. Melt butter in microwave safe measuring cup. Combine butter, ginger stir fry sauce, chili powder, cumin and salt, drizzle over cereal mixture, tossing to coat.
- 4. Spread mixture in pan. Bake at 250°F for 30 minutes or until crisp, stirring twice.

*Mixture can be microwaved in a microwave safe baking dish for 6 minutes at 2 minute intervals, stirred at each interval. For more recipes, please visit: www.fcs.ext.vt.edu/recipes



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Nutrition Facts

Serving Size: 1/2 cup

Amount Per S	erving						
Calories 21	2	Calories from F	at 54				
		%Daily V	alue*				
Total Fat 6g			10%				
Saturated Fat 2g Cholesterol 6mg Sodium 328mg Total Carbohydrate 35g Dietary Fiber 3g			11% 2% 14% 12% 13%				
				Protein 5g			1%
				Vitamin A	4%	Vitamin C	0%
				Iron	15%	Calcium	2%

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