Crispy and Spicy Snack Mix

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

Equipment:
- 9 x 13 baking pan
- Large bowl
- Small bowl
- Measuring cups
- Measuring spoons
- Spatula or mixing spoon
- 2 minute intervals
- Stirred at each interval

Directions
1. Preheat oven to 250ºF. 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 250ºF 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.

Nutrition Facts
- Serving Size: 1/2 cup
- Servings: 8
- Calories: 212
- % Daily Value: 54%
- Total Fat: 8g (10%)
- Saturated Fat: 2g (11%)
- Cholesterol: 8mg (2%)
- Sodium: 328mg (14%)
- Total Carbohydrate: 35g (12%)
- Dietary Fiber: 3g (13%)
- Protein: 5g (1%)
- Vitamin A: 4%
- Vitamin C: 0%
- Iron: 15%
- Calcium: 2%
- *Percent Daily Values are based on a 2,000 calorie diet.