

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

Number of Servings: 8
 Prep Time: 5 minutes
 Total time: 35 minutes

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.

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Nutrition Facts

Amount Per Serving		Calories from Fat 54	
Calories 212		%Daily Value*	
Total Fat 6g			10%
Saturated Fat 2g			11%
Cholesterol 6mg			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.

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