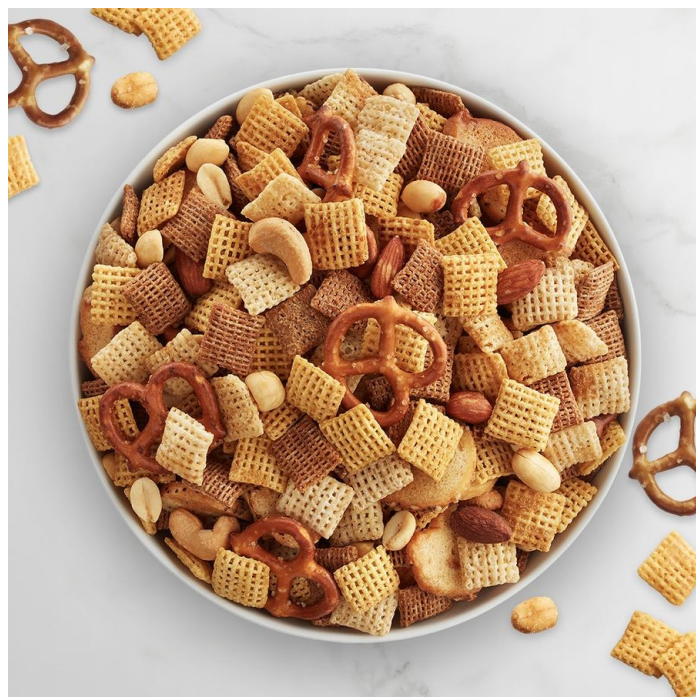




Original Chex™ Party Mix

Servings: 24 |



Ingredients:

- 3 cups Corn Chex™ cereal
- 3 cups Rice Chex™ cereal
- 3 cups Wheat Chex™ cereal
- 1 cup mixed nuts
- 1 cup bite-size pretzels
- 1 cup garlic-flavor bite-size bagel chips or regular-size bagel chips, broken into 1-inch pieces
- 6 tablespoons butter or margarine
- 2 tablespoons Worcestershire sauce
- 1 1/2 teaspoons seasoned salt
- 3/4 teaspoon garlic powder
- 1/2 teaspoon onion powder

Preparation

- 1) In large microwavable bowl, mix cereals, nuts, pretzels and bagel chips; set aside. In small microwavable bowl, microwave butter uncovered on High about 40 seconds or until melted. Stir in seasonings. Pour over cereal mixture; stir until evenly coated.
- 2) Microwave uncovered on High 5 to 6 minutes, thoroughly stirring every 2 minutes. Spread on paper towels to cool. Store in airtight container.

Tips

- Substitution: The original recipe includes Corn Chex™, Rice Chex™ and Wheat Chex™. You can mix and match to suit your taste—just use a total of 9 cups of cereal.
- Healthy: To reduce the fat to 2 grams and the calories to 80 per serving, use 3 tablespoons margarine instead of the 6 tablespoons butter, omit mixed nuts and use fat-free bagel chips.
- Presentation/Garnish: Make enough of this favorite mix to package up as gifts for special friends—it's so good and always a welcome surprise!
- Pre-heat oven to 250°. Put cereal and seasoning mixture into ungreased roasting pan and bake for 1 hour, stirring every 15 minutes. Spread on paper towels to cool, about 15 minutes.

Nutrition

Serving Size: 1/2 Cup

Calories 140 (Calories from Fat 60); Total Fat 7g (Saturated Fat 2 1/2g, Trans Fat 0g); Cholesterol 10mg; Sodium 280mg; Total Carbohydrate 16g (Dietary Fiber 1g, Sugars 2g); Protein 3g

% Daily Value*: Vitamin A 6%; Vitamin C 2%; Calcium 6%; Iron 30%

Exchanges: 0 Other Carbohydrate; 0 Vegetable; 0 High-Fat Meat; 1 Carbohydrate Choice

MyPyramid Servings: 1 tsp Fats & Oils; 0 oz-eq Grains; 0 oz-eq Meat & Beans

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