

Chex Mix Makeover (Three ways)

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Makes: 12 cups, 24 servings; **Serving Size:** ½ cup

Ingredients

- 3 cups Corn Chex™
- 3 cups Rice Chex™
- 3 cups Wheat Chex™
- 2 cups pretzels
- 1 cup nuts (type determined by your preference)

- Choose one of the following three ingredients:
 - 2 tablespoons olive oil, or 2/3 cup apple juice or 2 egg whites beaten until foamy.

- 2 tablespoons Worcestershire sauce
- ½ teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon salt (optional)

Optional seasonings that can be added to above:

- for a cheese flavor: add 4 tablespoons Parmesan
- for a bold flavor: add ½ teaspoon cayenne pepper, or 2 tablespoons red pepper sauce
- for a sweet flavor: add 4 teaspoons sugar + ½ teaspoon cinnamon

Instructions

1. Preheat oven to 250 F.
2. In a large mixing bowl, mix cereals, pretzels and nuts.
3. Pick which variation you want to make your mix (oil, juice or egg).
4. In a separate small bowl combine your choice with the remaining ingredients. Add to cereal mix and stir to coat.
5. Spread in a single layer on two lightly-oiled baking sheets. Bake for 1 hour, stirring every 15 minutes.
6. Cool, then store in an air-tight container.

Nutrition (per ½-cup serving) 105* Calories, 3.5g* Total Fat, 0.6g Saturated Fat, 16g Carbohydrates, 3.2g Protein, 1.5g Fiber, 200 mg sodium

**Add 10 calories and 1g fat per serving if using the olive oil version.*

**Increases to 300mg with optional salt added.*

In creating this makeover, I found three ways to substitute the original recipe's 6 tablespoons of butter. For a lower-fat option, use olive oil. For a fat-free alternative to butter use apple juice or egg whites. Feel free to swap in some other whole grains such as popcorn or Cheerios™ in place of any of the cereals using a 1-to-1 ratio.

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