

## Chex Mix with a kick

---

Oven Temperature: 250°F

- |        |                                      |       |                              |
|--------|--------------------------------------|-------|------------------------------|
| 6 cups | Corn chex cereal                     | 2 Tbs | Louisiana Supreme Wing Sauce |
| 5 cups | Rice chex cereal                     | 3 Tbs | Vegan Worcestershire Sauce   |
| 2 cups | pretzels                             |       |                              |
| 1 Tbs  | season salt                          |       |                              |
| 1 tsp  | onion powder                         |       |                              |
| 1 tsp  | garlic powder                        |       |                              |
| 4 Tbs  | Fleishmans unsalted margarine sticks |       |                              |



*If in a hurry can microwave for 2 minutes, stir, and repeat 2-3 times, but this is not optimal as it burns easily.*

### Procedure

---

- 1 Melt margarine and then add spices. Slowly coat the cereal and pretzels. Lay out in a thin layer on a baking sheet and cook for 45-60 minutes, stirring every 15 minutes, until desired crunchiness.

Servings: 26

Yield: 1/2 c servings

Degree of Difficulty: Very easy

### Nutrition Facts

---

Nutrition (per serving): 136 calories, 25 calories from fat, 2.4g total fat, 0mg cholesterol, 486.3mg sodium, 111.1mg potassium, 27.6g carbohydrates, 2.7g fiber, <1g sugar, 3.3g protein.

### Recipe Tips

---

If made with butter instead of dairy free then per serving increase to 140 calories & cholesterol from 0 to 4.7 mg. If made with 6 T butter like original Chex Mix recipe, increase servings calories to 147 & cholesterol to 7mg.

3 One Healthy Recipe