

# Eat Smart • Move More

## Crispy and Spicy Snack Mix

Prep Time: 5 minutes

Total Time: 25 minutes



### Ingredients

- Nonstick cooking spray
- 2 cups square whole-wheat cereal
- 1 cup unsalted pretzel twists
- ½ cup square reduced fat cheese crackers
- ½ cup whole-wheat snack crackers
- 1 ½ tablespoons butter, melted
- 1 tablespoon ginger stir-fry sauce
- 1 teaspoon chili powder
- 1 teaspoon ground cumin

### Nutrition Facts

8 servings per container

**Serving size** 1 serving  
(36.12g)

**Amount per serving**  
**Calories** 140

**% Daily Value\***

**Total Fat** 4.5g 6%

Saturated Fat 2g 10%

Trans Fat 0g

**Cholesterol** 5mg 2%

**Sodium** 220mg 10%

**Total Carbohydrate** 24g 9%

Dietary Fiber 2g 7%

Total Sugars 3g

Includes g of Added Sugars

**Protein** 3g

Vitamin D 0mcg 0%

Calcium 51mg 4%

Iron 5mg 30%

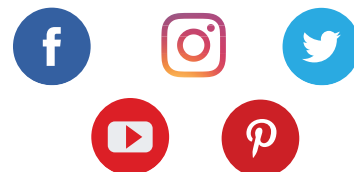
Potassium 101mg 2%

\*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Quick Tips

- ▶ Instead of baking, mixture can be microwaved in a microwave-safe baking dish for 6 minutes, stirring every 2 minutes.
- ▶ For more variety, add unsalted peanuts, almonds, pecans, or walnuts.

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### Directions

- Heat oven to 250°F. Spray a baking sheet with nonstick cooking spray.
- Combine cereal, pretzels, cheese crackers, and whole-wheat crackers in a bowl.
- In a separate bowl, combine melted butter, ginger stir-fry sauce, chili powder, and cumin. Drizzle over cereal mixture, tossing to coat.
- Spread mixture on the baking sheet. Bake for 20 minutes or until crisp, stirring twice.

(Recipe adapted from: <https://www.myrecipes.com>.)

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