


















STEPS	INGREDIENTS	PROCEDURES
<p style="text-align: center; font-size: 2em;"><b>1</b></p>	<div style="display: flex; flex-direction: column; gap: 10px;"> <div style="display: flex; align-items: center;">  <div style="margin-left: 10px;"> <p><b>3 cups corn chex</b></p> </div> </div> <div style="display: flex; align-items: center;">  <div style="margin-left: 10px;"> <p><b>3 cups wheat chex</b></p> </div> </div> <div style="display: flex; align-items: center;">  <div style="margin-left: 10px;"> <p><b>2 cups pretzels</b></p> </div> </div> <div style="display: flex; align-items: center;">  <div style="margin-left: 10px;"> <p><b>1 can mixed nuts</b></p> </div> </div> <div style="display: flex; align-items: center;">  <div style="margin-left: 10px;"> <p><b>1 tablespoon worcestershire sauce</b></p> </div> </div> <div style="display: flex; align-items: center;">  <div style="margin-left: 10px;"> <p><b>1 stick butter</b></p> </div> </div> <div style="display: flex; align-items: center;">  <div style="margin-left: 10px;"> <p><b>1 teaspoon seasoned salt</b></p> </div> </div> <div style="display: flex; align-items: center;">  <div style="margin-left: 10px;"> <p><b>1/2 teaspoon garlic salt</b></p> </div> </div> </div>	<p>In a large bowl, mix together all of the cereal, pretzels, &amp; mixed nuts. Stir together to mix.</p>  <p>Melt 6 Tablespoons of butter, Worcestershire sauce, seasoning salts, onion powder &amp; garlic powder in microwaveable bowl for 40 seconds or until melted.</p>  <p>Pour mixture over the top of the cereals and stir until well coated.</p>  <p>Microwave mix for 5-6 minutes, stirring every 2 minutes.</p> 

## CHEX MIX USING MICROWAVE (page 2)

STEPS	INGREDIENTS	PROCEDURES
<h1>2</h1>	<div style="display: flex; flex-direction: column; align-items: center;"> <div style="display: flex; align-items: center; margin-bottom: 20px;">  <div style="margin-left: 10px;">measuring cups</div> </div> <div style="display: flex; align-items: center; margin-bottom: 20px;">  <div style="margin-left: 10px;">measuring spoons</div> </div> <div style="display: flex; align-items: center; margin-bottom: 20px;">  <div style="margin-left: 10px;">large mixing bowl</div> </div> <div style="display: flex; align-items: center;">  <div style="margin-left: 10px;">large mixing spoon</div> </div> </div>	<p style="text-align: center;">Spread mix on a sheet of waxed paper to cool cereal mix.</p> 

### Nutrition Facts

20 servings per container

**Serving size** 1/2 Cup

Amount per serving

**Calories** **220**

% Daily Value\*

**Total Fat** 12g 15%

Saturated Fat 4g 20%

Trans Fat 0g

**Cholesterol** 10mg 3%

**Sodium** 320mg 14%

**Total Carbohydrate** 23g 8%

Dietary Fiber 3g 11%

Total Sugars 3g

Includes 0g Added Sugars 0%

**Protein** 5g

Vitamin D 0mcg 0%

Calcium 56mg 4%

Iron 5mg 30%

Potassium 280mg 6%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used as a guide.