









Small Batch Microwave Chex Mix

Makes 4 Servings; 1 cup per serving

Nutrients Per Serving:

610 Calories | 23g Fat (g Saturated) | 89 g Carbohydrates | 2g Added Sugar | 10g Protein | 2060 mg Sodium | 4g Fiber

Equipment Needed

 <p>Measuring cups and measuring spoons</p>	 <p>Microwave safe bowl</p>	 <p>Mixing spoon</p>	 <p>Small microwave safe bowl</p>	 <p>Rubber spatula</p>
 <p>Wax or parchment paper</p>	 <p>Microwave</p>	 <p>Ziploc snack bag</p>		

Ingredients Needed

Brand names that may be used in this recipe are not intended to endorse brands. Use any brand of your choice.









 <p>1 ½ cups rice chex</p>	 <p>1 ½ cups corn chex</p>	 <p>1/2 cup cheerios**</p>	 <p>1/4 cup peanuts</p>	 <p>1/2 cup pretzels**</p>
 <p>1 ½ Tablespoon butter</p>	 <p>4 teaspoon Worcestershire sauce</p>	 <p>1/4 teaspoon season salt</p>	 <p>1/4 teaspoon onion powder</p>	 <p>1/4 teaspoon garlic powder</p>

**Gluten free substitutions may be used.

Recipe continued on back page.

Directions

(Tbsp = tablespoon, tsp = teaspoon)

<p>1</p>  <p>Wash hands.</p>	<p>2</p>  <p>In a large bowl combine: 1 ½ cups corn chex, 1 ½ cups rice chex, 1/2 cup cheerios, and 1/4 cup peanuts</p>	<p>3</p>  <p>In a small bowl, microwave 1 ½ tbsp butter for 30 seconds. If not melted, microwave for 10 seconds more until melted.</p>	<p>4</p>  <p>Add to the melted butter: 4 tsp Worcestershire sauce 1/4 tsp season salt 1/4 tsp onion powder 1/4 tsp garlic powder</p>
<p>5</p>  <p>Pour sauce over the cereal mixture and mix until all cereal is coated with sauce.</p>	<p>6</p>  <p>Microwave for 30 seconds, then stir. Microwave for 30 more seconds, then stir.</p>	<p>7</p>  <p>Stir in 1/2 cup pretzels.</p>	<p>8</p>  <p>Spread chex mix on wax or parchment paper to cool. Store in a ziplock or airtight container.</p>