

LiveWell

Honey-mustard snack mix

Yield: 14 servings



Ingredients:

- 2 cups wheat squares cereal
- 1 ½ cups corn squares cereal
- 3 cups air-popped popcorn
- 3 slices (1.5 ounces) whole-wheat crisp bread crackers broken into bite-sized pieces
- ¾ cup cheese square crackers
- ¾ cup almonds
- ¼ cup olive oil
- ¼ cup honey
- 2 Tablespoons Dijon mustard
- 1 Tablespoon ground mustard powder
- 2 teaspoons onion powder
- 1 teaspoon garlic powder
- ¼ teaspoon seasoning salt

Directions:

1. Preheat oven to 250° F. Line 2 rimmed baking sheets with parchment paper.
2. In a large bowl, combine wheat squares, corn squares, popcorn, crisp bread pieces, cheese squares and almonds and toss together.
3. In a smaller bowl, combine oil, honey, Dijon mustard, ground mustard powder, onion powder, garlic powder and seasoning salt and stir to mix well. Drizzle the oil mixture over the dry ingredients and mix thoroughly to coat.
4. Divide the mixture between the two baking sheets and spread in a single layer.
5. Bake for 60 minutes, stirring every 15 minutes. Cool completely before storing in an airtight container.

Nutrition information per serving:

Calories: 176

Fat: 9 grams

Saturated fat: 1 gram

Cholesterol: < 1 mg

Sodium: 181 mg

Carbohydrates: 22 grams

Fiber: 3 grams

Protein: 4 grams

Food exchanges:

1 ½ carbohydrate, 2 fat