

Homemade Chex Mix



INGREDIENTS

- 2 cups of Corn Chex
- 1 cup of Rice Chex
- 1 cup of bagel crisps, broken into pieces
- 1/2 cup of nuts/seeds
- 3/4 cup of pretzel sticks
- 2 tablespoons oil (e.g. canola, vegetable, avocado)
- 3 teaspoons Worcestershire sauce
- 1/4 teaspoon seasoned salt
- 1/8 teaspoon garlic powder

DIRECTIONS

1. In a large bowl, combine the cereals, bagel crisps, nuts/seeds and pretzels.
2. In a small bowl, whisk together the oil, Worcestershire sauce, seasoned salt, and garlic powder; pour over the mixture and toss to coat.
3. Transfer to a large baking sheet lightly coated with cooking spray or lined with parchment paper. Bake at 250° for 45 minutes, stirring every 15 minutes. Cool completely and store in an airtight container.

Build your own snack!

Get creative and try some of these fun snack combinations with your homemade Chex mix. Each one is packed with nutrients providing us with the fuel our bodies and minds need to be strong and healthy. Enjoy!

