



# GLUTEN-FREE SNACK MIX RECIPE

Servings: 22

Prep Time: 5 minutes

Cook Time: 1 hour and 30 minutes

## INGREDIENTS

- 4 cups Corn Chex™ cereal
- 4 cups Rice Chex™ cereal
- 2 cups Cheerios™ cereal
- 2 cups bite-size gluten-free pretzel sticks or twists
- 6 Tbsp. vegan dairy-free buttery vegetable oil spread
- 2 Tbsp. gluten-free Worcestershire sauce
- 1 1/2 tsp. gluten-free seasoned salt
- 3/4 tsp. garlic powder
- 1/2 tsp. onion powder

## INSTRUCTIONS

- 1 Heat oven to 250°F.
- 2 In large bowl, mix cereals and pretzels until well blended. In small microwavable bowl, microwave vegetable oil spread uncovered on High 30 to 40 seconds or until melted. Stir in seasonings. Pour over cereal mixture; stir until evenly coated. Transfer to ungreased roasting pan.
- 3 Bake 1 hour, stirring every 15 minutes. Spread on paper towels to cool, about 15 minutes. Store in airtight container at room temperature.



## ABOUT THE RECIPE

Dig into this delicious snack mix, full of Chex™ and Cheerios™ cereals and gluten-free pretzels. This version is made without nuts, dairy, or gluten; a perfect fit for those with Celiac disease or gluten intolerance!



GLUTEN FREE

## RECIPE TIPS

- Always read labels to make sure each ingredient is free of allergens that you are sensitive to. Products and ingredient sources can change.
- Save time by making this in the microwave. In large microwavable bowl, mix cereals and pretzels; set aside. In small microwavable bowl, microwave vegetable oil spread uncovered on High about 40 seconds or until melted. Stir in seasonings. Pour over cereal mixture; stir until evenly coated. Microwave uncovered on High 5 to 6 minutes, thoroughly stirring after every minute. Spread on paper towels to cool. Store in airtight container.
- Roasting pans vary greatly in size and shape (i.e. round, rectangular). We suggest a pan no smaller than 15 x 11 x 2 1/2 inches. The higher sides allow for ease in stirring. Don't have a roasting pan? You can buy disposable pans with similar dimensions.



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## NUTRITION FACTS

Amount per serving:

**Calories** 100  
Calories from Fat 30

**Total Fat** 3.5g  
Saturated Fat 1g  
Trans Fat 0g

**Cholesterol** 0mg

**Sodium** 290mg

**Total Carbohydrate** 15g  
Dietary Fiber 1g  
Sugars 1g

**Protein** 1g

**Daily Value** %  
Vitamin A 2%  
Vitamin C 2%  
Calcium 4%  
Iron 25%



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