

Crunchy Snack Mix

Keep these tangy nibbles on hand for snacks, for party appetizers, or as part of a brown-bag lunch. Once the mix is prepared, measure it into ½ cup portions and store in paper cups or small plastic bags; that way you won't have to guess later on how much mix goes into each serving.

2 tablespoons margarine
½ teaspoon seasoned salt
2 teaspoons Worcestershire sauce
1 cup unsweetened oven-toasted rice cereal, such as Rice Chex or Crispix
1 ½ cups unsweetened oven-toasted wheat cereal, such as Wheat Chex
1 cup (1 ounce, or about 90) thick pretzel sticks
½ cup (1 ounce, or about 32) reduced-fat tiny cheese crackers

DIETARY EXCHANGES:

1 Starch

NUTRIENTS PER SERVING:

Cal.: 85	Cal. from Fat: 17
Total Fat: 2 g	Sat. Fat: 0 g
Carb.: 16 g	Protein: 2 g
Chol.: 0 mg	Sodium: 301 mg
Fiber: 1 g	

1. Preheat the oven to 250°F. Melt the margarine in a shallow baking pan; stir in the salt and Worcestershire sauce.
2. Add the cereals, pretzels, and crackers. Stir to coat the pieces with margarine.
3. Bake 45 minutes, stirring every 15 minutes. Spread on paper towels to cool. Store in an airtight container.

4 cups (8 servings)

Source: The New Family Cookbook for People with Diabetes

