



Lower Fat Honey Mustard Crunch Snack Mix

INGREDIENTS:

- 1 (16 oz.) box toasted oatmeal squares cereal (about 8 cups)
- 2 cups fat-free mini pretzel sticks
- 2 tablespoons margarine
- ¼ cup dijon-style prepared mustard
- 3 tablespoons honey
- ½ teaspoon garlic salt
- ½ teaspoon onion salt.

DIRECTIONS:

1. Heat oven to 250°F. Spray 13x9-inch baking pan with cooking spray. Combine cereal and pretzel in pan; mix well.
2. Place margarine in 2-cup microwaveable bowl. Microwave on HIGH 45 seconds or until melted. Stir in mustard, honey, garlic salt and onion salt; mix well. Pour over cereal mixture; stir to coat evenly.
3. Bake 1 hour, stirring every 15 minutes.
4. Transfer to baking sheet, spreading mixture in even layer. Cool completely. Store tightly covered at room temperature up to 5 days.

Makes 10 cups

Variation: Substitute one 15.5 oz. box Oat Bran Ready-to-Eat Cereal for Oatmeal Squares. Proceed as recipe directs, combining cereal mixture in large bowl. Before baking, divide cereal mixture between 2 (13x9-inch) baking pans sprayed with cooking spray. Yield: 12 cups

Source: Adapted from
www.quakeroats.com / **Yield:** ½ cup; 120
Calories, 2 g total fat, 0.5g saturated fat,
0mg cholesterol, 150mg sodium, 24g
carbohydrates, 2g fiber, 3g protein