



Snack Mix



Prep Time: 15 mins Cook Time: 50 min Serves: 12

Ingredients:

- 5 Tbsp olive oil
- 1 Tbsp Worcestershire sauce
- 1 tsp garlic powder
- 1 1/2 tsp salt
- 1 tsp onion powder
- 1 tsp black pepper
- 1 1/2 cups cheerios
- 1 cup rice chex
- 2 cups wheat chex
- 1/2 cup Sunflower seeds unsalted
- 1/2 cup Pumpkin seeds unsalted
- 1/4 cup popcorn kernels

Instructions:

1. Heat the oven to 250°F. Line a baking sheet with parchment paper.
2. Add oil, Worcestershire sauce, garlic powder, salt, onion powder, pepper to a bowl and mix really well!
3. Lightly mix together cheerios, rice and wheat chex, sunflower and pumpkin seeds in a large bowl.
4. Pour out about 1/4 of the wet mixture and save this for the popcorn. Then mix the wet mixture with the dry mixture. Stir super well. It works best to pour it in little by little.
5. Transfer the mixture onto the prepared baking sheets and spread into an even layer. Bake, stirring every 15 minutes, until lightly browned and crisp, 45 to 50 minutes total. Let cool for 10 minutes on the baking sheets before serving.
6. While it is in the oven, make the popcorn and immediately toss with 1/4 of seasoning mixture and combine well.
7. After the oven mix cools, combine popcorn and mix together.

**This snack is
full of whole
grains and
fiber!**