

Cranberry Orange Chex-Mix

From the Whole Grains Council

<http://wholegrainscouncil.org/recipes/snacks-desserts/cranberry-orange-chex-mix>

Ingredients

- 3 cups (90g) Corn Chex® cereal
- 3 cups (90g) Rice Chex® cereal
- 3 cups (90g) Wheat Chex® cereal
- 1 cup (80g) sliced almonds
- 1/4 cup (55g) butter or trans-fat free margarine, melted
- 1/4 cup (55g) packed brown sugar
- 1/4 cup (60 ml) thawed frozen thawed orange juice concentrate
- 1/2 cup (75g) dried cranberries

Instructions

1. Heat oven to 300°F (150°F, or gas mark 2). In large bowl, mix cereals and almonds.
2. In microwavable measuring cup, mix butter, brown sugar and juice concentrate. Microwave uncovered on High 30 seconds; stir.
3. Pour over cereal mixture, stirring until evenly coated. Pour into ungreased large roasting pan.
4. Bake uncovered 30 minutes, stirring after 15 minutes. Stir in cranberries.
5. Cool completely, about 15 minutes. Store in airtight container.

Makes 20 1/2 cup servings

Nutrition information per serving

Calories: 140	Dietary Fiber: 2g
Total Fat: 5g	Sodium: 135mg
Saturated Fat: 1.5g	Protein: 3g
Carbohydrates: 23g	

