

Honey-Roasted Chex[®] Mix

Serving Size: 1 Cup

Ingredients:

- 3 cups Corn Chex[™] cereal
- 3 cup Rice Chex[™] cereal
- 2 cups Multi Grain Cheerios[™] cereal
- 1 ½ cups Bugles[®] original corn snacks
- 1 cup pretzels
- 2 tablespoons light corn syrup
- 2 tablespoons honey
- 1 tablespoon butter or margarine
- ½ teaspoon vanilla

Directions:

1. Heat oven to 325°F. In very large bowl, mix cereals, and bugles.
2. In 1-quart saucepan, heat corn syrup, honey and butter to boiling over medium heat, stirring occasionally. Remove from heat; stir in vanilla. Pour over cereal mixture, stirring until evenly coated. Spread in ungreased 15x10x1-inch pan.
3. Bake 20 minutes, stirring after 10 minutes. Spread on waxed paper or foil to cool, about 15 minutes. Break into bite-size pieces. Store in airtight container.

Nutrition Facts

Servings: 11

Amount per serving

Calories **152**

% Daily Value*

Total Fat 2.9g **4%**

Saturated Fat 1.8g **9%**

Cholesterol 3mg **1%**

Sodium 262mg **11%**

Total Carbohydrate 30g **11%**

Dietary Fiber 1.6g **6%**

Total Sugars 6.8g

Protein 2.2g