

CRANBERRY-ORANGE CHEX MIX

Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 1/2 cup

Nutrition (per serving)

Calories: 154

Total Fat: 6 g

Saturated Fat: 1 g

Sodium: 165 mg

Total Carbohydrate: 23 g

Dietary Fiber: 2 g

Protein: 3 g

Ingredients

3 cups Corn Chex® cereal

3 cup Rice Chex® cereal

3 cups Wheat Chex® cereal

1 cup sliced almonds

¼ cup butter or margarine

¼ cup packed brown sugar

¼ cup frozen orange juice concentrate

(thawed)



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1 cup dried cranberries

Directions

1. Preheat oven to 300o F. In large bowl, mix cereals and almonds.
2. In microwaveable measuring cup, mix butter, brown sugar, and juice concentrate. Microwave uncovered on high for 30 seconds; stir. Pour over cereal mixture, stirring until evenly coated. Pour into ungreased large roasting pan.
3. Bake uncovered for 30 minutes, stirring after 15 minutes. Stir in cranberries. Cool completely, about 15 minutes. Store in airtight container.