



March 7- Spicy Cereal Mix – Happy Cereal Day!

Not Smart Snack

Link: <http://www.foodnetwork.com/recipes/ellie-krieger/spicy-cereal-mix-recipe.html>

Recipe

Ingredients:

- 2 Tablespoons extra-virgin olive oil
- 1 Tablespoon Worcestershire sauce
- 1 teaspoon hot sauce
- ½ teaspoon garlic powder
- ½ teaspoon ground cumin
- ½ teaspoon onion powder
- ¼ teaspoon cayenne pepper
- ½ teaspoon Kosher salt
- 3 cups rice cereal squares (1 cup cornflakes)
- ¾ cup whole-grain pita chips, broken into small pieces
- ½ cup unsalted pepitas (hulled pumpkin seeds)

Directions:

1. Preheat the oven to 350°F. Whisk the olive oil, Worcestershire sauce, hot sauce, garlic powder, cumin, onion powder, cayenne and ½ teaspoon salt in a bowl.
2. Combine the rice cereal squares, cornflakes, pita chips and pepitas in a bowl. Toss with the spice mixture and spread on a baking sheet. Bake, stirring occasionally, until golden, about 40 minutes.

Yield 16 servings

Nutrition Facts

Serving Size 1/3 cup (15.58g)
Servings Per Container 16

Amount Per Serving

Calories 80 **Calories from Fat** 45

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 0.5g **4%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 105mg **4%**

Total Carbohydrate 6g **2%**

Dietary Fiber <1g **3%**

Sugars <1g

Protein 2g **4%**

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.