



February 5- Tropical Chex Mix

Not Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=1072754>

Recipe

Ingredients:

- 2 ½ cup Corn Chex
- 2 ½ cup Rice Chex
- 2 Tablespoon sugar
- 2 Tablespoon corn syrup
- ¼ cup butter
- 1 cup shredded coconut
- 1 cup mixed dried fruit

Directions:

1. Combine cereal in large microwave safe bowl.
2. Combine butter, sugar and corn syrup in small microwave safe bowl. Microwave on high 2 minutes, stirring once.
3. Pour melted mix over cereal; stir to coat. Microwave again for 2 minutes, stirring once.
4. Add coconut to mixture. Microwave 2 minutes, stirring once.
5. Spread on wax paper to cool. Once cool, toss with dried fruit.

Yield 8 servings

Nutrition Facts

Serving Size 3/4 cup (63.87g)
Servings Per Container 8

Amount Per Serving

Calories 240 **Calories from Fat** 80

% Daily Value*

Total Fat 9g **15%**

Saturated Fat 7g **33%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 190mg **8%**

Total Carbohydrate 37g **12%**

Dietary Fiber 3g **11%**

Sugars 20g

Protein 2g **4%**

Vitamin A 10% • Vitamin C 8%

Calcium 8% • Iron 35%

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