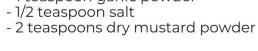
Honey Mustard Snack Mix

Serves 16, Serving size: 1/2 cup

Ingredients

- 2 cups pretzels
- 3 cups rice chex
- 3 cups corn chex
- 2 1/2 cups plain cheerios
- 1/2 cup melted butter
- 1/3 cup honey
- 1/4 cup mustard
- 2 teaspoons onion powder
- 1 teaspoon garlic powder





Recipe based on and photo from: https://www.yourcupofcake.com

Directions

1. Combine pretzels, chex, and cheerios in a large bowl and mix well

2. Whisk all remaining ingredients, except the dry mustard powder, in a small bowl until well combined

- 3. Pour over the mixture and toss until evenly coated
- 4. Sprinkle on the dry mustard and stir until evenly coated

Oven Instructions:

- 5. Preheat oven to 250 degrees
- 6. Pour mixture onto 1 or 2 cookie sheets making an even
- 7. Bake for 1 hour and 10 minutes (stirring every 20 minutes)
- 8. Once fully cooled it is ready to serve!

Slow Cooker Instructions:

- 5. Pour mixture into large slow cooker
- 6. Place a thin kitchen towel over top of the slow cooker and then place the lid on top
- 7. Cook for 5-6 hours on low heat, stirring every hour, or until all the liquid has evaporated from the bottom of the slow cooker

8. Once cooked, spread into an even layer of 2

GLEANERS



Nutrition per serving: 146 calories, 2.9 g protein, 5.8 g total fat, 1.6 g saturated fat, 17.4 g carbs, 1.5 g fiber, 225 mg sodium

Honey Mustard Snack Mix

Serves 16, Serving size: 1/2 cup

Ingredients

- 2 cups pretzels
- 3 cups rice chex
- 3 cups corn chex
- 21/2 cups plain cheerios
- 1/2 cup melted butter
- 1/3 cup honey

- 1/4 cup mustard
- 2 teaspoons onion powder
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 2 teaspoons dry mustard powder



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Directions

- 1. Combine pretzels, chex, and cheerios in a large bowl and mix well
- 2. Whisk all remaining ingredients, except the dry mustard powder, in a small bowl until well combined
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- 5. Preheat oven to 250 degrees
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- 7. Bake for 1 hour and 10 minutes (stirring every 20 minutes)
- 8. Once fully cooled it is ready to serve!

Slow Cooker Instructions:

- cooker and then place the lid on top
- 7. Cook for 5-6 hours on low heat, stirring every hour, or until all the liquid has evaporated from the bottom of the slow cooker

The mixture will feel a bit wet when done 8. Once cooked, spread into an even layer of 2



