

# 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
- 1/2 teaspoon salt
- 2 teaspoons dry mustard powder

## 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 layer
7. Bake for 1 hour and 10 minutes (stirring every 20 minutes)
8. Once fully cooled it is ready to serve!

*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



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

### 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
- \*The mixture will feel a bit wet when done\*
8. Once cooked, spread into an even layer of 2 cookie sheets and let cool completely to crisp up



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