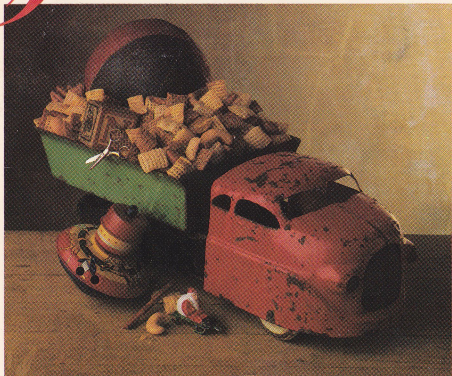


TRADITIONAL CHEX® BRAND PARTY MIX



- 1/4 CUP (1/2 STICK) MARGARINE OR BUTTER
- 1 1/4 TEASPOONS SEASONED SALT
- 4 1/2 TEASPOONS WORCESTERSHIRE SAUCE
- 8 CUPS OF YOUR FAVORITE CHEX® BRAND CEREALS, (CORN, RICE AND/OR WHEAT)
- 1 CUP SALTED MIXED NUTS
- 1 CUP PRETZEL STICKS

TRADITIONAL CHEX® BRAND PARTY MIX (CONT.)

PREHEAT OVEN TO 250°. IN OPEN ROASTING PAN MELT MARGARINE IN OVEN. STIR IN SEASONED SALT AND WORCESTERSHIRE SAUCE. GRADUALLY ADD CEREALS, NUTS AND PRETZELS, STIRRING UNTIL ALL PIECES ARE EVENLY COATED. BAKE 1 HOUR, STIRRING EVERY 15 MINUTES. SPREAD ON ABSORBENT PAPER TO COOL. STORE IN AIRTIGHT CONTAINER.

MICROWAVE DIRECTIONS*: IN LARGE MICROWAVE-SAFE BOWL MELT MARGARINE ON HIGH 1 MINUTE. STIR IN SEASONED SALT AND WORCESTERSHIRE SAUCE. GRADUALLY ADD CEREALS, NUTS AND PRETZELS, STIRRING UNTIL ALL PIECES ARE EVENLY COATED. MICROWAVE ON HIGH 5 TO 6 MINUTES, STIRRING EVERY 2 MINUTES. SPREAD ON ABSORBENT PAPER TO COOL. STORE IN AIRTIGHT CONTAINER.

*DUE TO DIFFERENCES IN MICROWAVE OVENS, COOKING TIME MAY NEED ADJUSTMENT. THESE DIRECTIONS WERE DEVELOPED USING 625 TO 700 WATT OVENS.

NUTRITION INFORMATION PER 1/2-CUP SERVING WITH CORN, RICE AND WHEAT CHEX®: 131 CALORIES, 15G CARBOHYDRATE, 3G PROTEIN, 7G FAT, 0MG CHOLESTEROL, 327MG SODIUM, 1G DIETARY FIBER.

MAKES 9 CUPS.