

Recipe: Lucy's Maple Nut Party Mix

From: _____

Makes: _____

8 cups

$\frac{1}{4}$ c. margarine or butter ($\frac{1}{2}$ stick)

$\frac{1}{3}$ c. brown sugar

2 tspns. maple extract

8 c. Chex cereal (corn, Rice and/or wheat)

1 c. honey roasted cashews and peanuts (optional)

Preheat oven to 225° . In open roasting pan, melt margarine in oven. Stir in brown sugar and maple extract. Gradually add cereals (and nuts) stirring until all pieces are evenly coated. Bake 45 minutes, stirring every 15 minutes. Spread on waxed paper to cool. Store in airtight container.



over for Microwave Instructions & Nutrition Info

Microwave Directions: In large microwave-safe bowl melt margarine on HIGH 30 to 45 seconds. Stir in brown sugar & maple extract. Gradually add cereals (& nuts) ~~to~~ stirring until all pieces are evenly coated. Microwave on HIGH 4 to 5 minutes, stirring every 1 1/2 minutes. Spread evenly on waxed paper, to cool. Store in air tight container.

1/2 C. serving with corn & wheat Chex:

108 calories

19 g carbohydrates

2 g protein

3 g fat

0 mg cholesterol

189 mg sodium

1 g dietary fiber