

[HEALTHY CHEX MIX RECIPE](#)



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Healthy Party Snack Mix Recipe Taste of Home

I've never made the classic party mix, but thought this one interesting because of the healthy changes. Unfortunately, I found it very bland, even with the addition of some cajun seasoning. It might be better with double the seasoning as KWhitehead suggested, but that would cancel out the healthy aspect.

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Healthy Chex Mix FaveHealthyRecipes.com

"This Healthy Chex Mix tastes just like the real thing, but it is way better for you! Store bought Chex Mix has 120 calories per half cup serving as well as 3.5 grams of fat. This healthier version only has 67 calories and 1 gram of fat for the same amount! Another issue with regular Chex Mix is that it is laden with food additives and chemicals.

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10 Snack Mix Recipes Cooking Light

1/2 cup mix = 95 calories, 1.1 g fiber; Nuts & Bolts Mix: 1/2 cup mixed nuts, 2 cups pretzel sticks, 2 1/2 cups Multigrain Cheerios, 1/2 cup sweetened dried cranberries, 1/2 cup raisins. 1/2 cup mix = 109 calories, 1.8 g fiber; Honey Nut & Sweet Mix: 2 cups pretzel sticks, 3 cups Honey Nut Cheerios, 1/2 cup milk chocolate M&M s, 1/2 cup raisins.

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Chex Party Mix Recipes Original vs Healthier

Which recipe do you prefer? Original or Healthy Chex Party Mix Recipes? My family loves making chex party mix during the holidays. As I was gathering my

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