HEALTHY CHEX MIX RECIPES



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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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The best recipe for homemade honey mustard snack chex mix! --use nuts and whole grain cereals so it's a healthy snack! Find this Pin and more on Nom Nom Nom by Amanda Livesay.

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Healthy Chex Mix Recipe SparkRecipes

For an extra crunchy mix, spread it on a baking sheet and bake in a 250 degree F oven for 30 minutes, stirring it well halfway through. Number of Servings: 10 Recipe submitted by SparkPeople user HEATHERMCN. http://ebookslibrary.club/Healthy-Chex-Mix-Recipe-SparkRecipes.pdf

Original Chex Mix Recipes Chex Recipes Chex com

In large microwavable bowl, mix cereals, nuts, pretzels and bagel chips; set aside. In small microwavable bowl, microwave butter uncovered on High about 40 seconds or until melted. Stir in seasonings. Pour over cereal mixture; stir until evenly coated.

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10 Snack Mix Recipes Cooking Light

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 craisins.

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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 ingredients I wondered how I could make this healthier. http://ebookslibrary.club/Chex-Party-Mix-Recipes-Original-vs--Healthier.pdf

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