

# Cherry Party Mix

Recipe Type: Appetizer, Snack

Degree of Difficulty: Easy

## Ingredients

4 cups Bite-size corn and rice square cereal (such as Corn or Rice Chex)  
2 cups Bite-size wheat square cereal (such as Wheat Chex)  
2 cups Whole grain Melba toast, broken into pieces  
2 cups Whole wheat pretzel twists (or pretzel sticks broken into pieces)  
3 Tbs Butter, melted  
1 Tbs Worcestershire sauce  
2 tsp Chili powder  
¼ tsp Garlic powder  
¼ tsp Onion powder  
⅛ tsp Ground red pepper  
1-½ cups Dried tart cherries



## Directions

- 1 Preheat oven to 300 degrees.
- 2 Place corn and rice cereal, wheat cereal, melba toast and pretzels in a large bowl. Stir to mix.
- 3 Melt butter. In a bowl, mix melted butter, Worcestershire sauce, powders (chili, garlic and onion) and ground red pepper.
- 4 Drizzle over cereal mix. Toss to coat.
- 5 Spread cereal mixture in a 15x10x1 inch baking pan. Bake for about 25 minutes, stirring every 8 minutes.
- 6 Remove from oven and pour onto aluminum foil to cool.
- 7 Place in a large party bowl and add dried cherries. Toss to mix and serve.

## Cooking Times

Preparation Time: 10 minutes

Cooking Time: 25 minutes

## Nutrition Facts

Nutrition (per serving): 185 calories, 2.7g total fat, 1.2g saturated fat, 4.6mg cholesterol, 295.5mg sodium, 37.9g carbohydrates, 3.2g fiber, 1.6g sugar, 4.3g protein.

Servings: 20

Yield: 10 cups

## Weight Watchers Points

Note: All ingredients are included in the points calculation as the cherries are dried and therefore not zero points.

Orig. WW Pts: 3

Points Plus: 5

Smart Points: 6

FreeStyle Smart Points: 6

Web Page: [www.exercise4weightloss.com/party-mix-recipe.html](http://www.exercise4weightloss.com/party-mix-recipe.html)