

# sweet and salty cereal mix

MAKES 25 SERVINGS

High fiber cereal takes on a new twist when mixed with sweet and chewy dried fruit and protein-rich seeds. A great way to use leftover cereal and kids love it!

$\frac{3}{4}$  cup (5.3 oz) unsalted butter or Earth Balance®, melted

3 tablespoons brown sugar, unpacked

3 tablespoons Worcestershire sauce

2 cups small pretzels (we like Goldfish shaped)

3 cups Cinnamon Burst Cheerios®

1½ cups Rice Chex®

2 cups Wheat Chex®

1 cup (5 oz) sunflower or (7 oz) pumpkin seeds

1 cup (~5 oz) dried fruit, chopped

**1** In small bowl, mix butter, brown sugar, and Worcestershire sauce.

**2** Heat oven to 250° F. On ungreased sheet tray, mix pretzels, cereals, and nuts. Do not add dried fruit. Pour butter mixture over cereal and stir to coat.

**3** Bake 1 hour, stirring every 15 minutes. Remove from oven and mix in chopped dried fruit while cereal is still warm. Set aside to cool for approximately 30 minutes.

Makes: 9¾ cups  
Serving Size: ¾ cup

Recipe courtesy of:  **rainbow**  
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