



CAPE COD COOPERATIVE EXTENSION

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N u t r i t i o n E d u c a t i o n P r o g r a m

HEART HEALTHY TRAIL MIX

Jojo's Party Mix

Makes about 6 cups

INGREDIENTS

4 cups mixed Rice and Wheat Chex cereals
2 cups mini pretzels
2 tablespoons freshly grated Parmesan cheese
½ teaspoon garlic salt
¼ teaspoon onion powder
¼ teaspoon pepper
⅛ teaspoon cayenne pepper
1 tablespoon extra-virgin olive oil
1 teaspoon Worcestershire sauce

INSTRUCTIONS

1. Preheat oven to 350°F.
2. Mix cereals, pretzels, Parmesan, garlic salt, onion powder, pepper and cayenne in a large bowl. Toss with oil and Worcestershire. Spread on a lightly oiled baking sheet.
3. Bake, stirring often, until toasted, 40 minutes.

NUTRITION INFORMATION

Per 1/2-cup serving: 61 calories; 2 g fat (0 g sat, 1 g mono); 1 mg cholesterol; 11 g carbohydrate; 1 g protein; 1 g fiber; 189 mg sodium.

Exchanges: 1/2 starch

Recipe credit to Eating Well at www.eatingwell.com