

Sweet and Spicy Party Mix



Ingredients

2 cans garbanzo beans, rinsed,
drained and patted dry (15 oz) 2
cups Wheat Chex cereal
1 cup dried pineapple chunks
1 cup raisins
1 Tbsp honey
2 Tbsp reduced-sodium
Worcestershire sauce
1 tsp garlic powder
1/2 tsp chili powder

Instructions

Instructions: Preheat the oven to 350 F. Lightly coat a 15 1/2" x 10 1/2" baking sheet with cooking spray. Spray a heavy skillet with cooking spray. Add garbanzo beans to the skillet and cook over medium heat, stirring frequently until the beans begin to brown, about 10 minutes. Transfer garbanzos to the prepared baking sheet. Spray the beans lightly with cooking spray. Bake, stirring frequently, until the beans are crisp, about 20 minutes. Lightly coat a roasting pan with cooking spray. Measure the cereal, pineapple and raisins into the pan. Add roasted garbanzos. Stir to mix evenly. Combine honey, Worcestershire sauce and spices and stir to mix evenly. Pour the mixture over the snack mix and toss gently. Bake for about 10-15 minutes, stirring occasionally to keep the mixture from burning. Remove from oven and let cool. Store in an airtight container.

Nutrition Information Per Serving

Serving Size: 1/4 cup

Serves 24

Calories: 85

Fat: <1 gm

Sodium: 38 mg

Fiber: 2 gm

Carbohydrates: 18 gm

Protein: 2.25 gm