



Eat Smart, Move More...
Maintain, don't gain!

HOLIDAY Challenge

A+ Party Mix

Ingredients

- 3 cups fat-free pretzel nuggets (sourdough work well)
- 3 cups Corn Chex
- ½ cup slivered almonds
- 1 (6-oz) bag low-sodium bagel chips, broken into pieces
- 2 tbs chili powder
- 1 tbs ground cumin
- ¼ tsp salt
- Cooking spray
- 1 (6-oz) bag dried apricots

Directions

1. Preheat oven to 250°.
2. Combine pretzels, Chex, almonds, and bagel chips in a jelly-roll pan.
3. Combine chili powder, cumin and salt.
4. Lightly coat pretzel mixture with cooking spray.
5. Sprinkle with chili powder mixture.
6. Bake for 15 minutes.
7. Cut each dried apricot into quarters.
8. After pretzel mix has baked for 15 minutes, stir in apricots.
9. Bake for 30 more minutes, stirring twice.

Nutrition Information Makes 22 servings (1/2 cup)

Per serving:

- Calories: 136
- Fat: 3g
- Protein: 3g
- Carbohydrate: 19g
- Fiber: 1.3g
- Sodium: 184mg



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Eat Smart