

All Purpose Party Mix

Preheat oven to 250°F

7 tablespoons acceptable margarine or oil

3 tablespoons GFCF Worcestershire sauce

¾ teaspoon onion powder

¾ teaspoon garlic salt

5 cups *Health Valley™ Rice Crunch-Ems* cereal or other GFCF cereal

3 cups *Health Valley™ Corn Crunch-Ems* cereal or other GFCF cereal

1¾ cups pretzels (1 small bag of *Glutano™* or *Ener-G™* gluten & dairy-free pretzels)

½ package (3½ ounces) brown rice snaps—broken into pieces (about 1 cup or so)

Bake for one hour, stirring every 15 minutes! This mix can be made “stronger” in flavor by increasing the spices and Worcestershire sauce.

The fat can also be decreased or increased, depending upon dietary needs (our kids need more fat).

For a spicy version, add chili powder to the mix (starting with about ½ teaspoon and adding more if desired).



A Few Words about Party and Snack Mixes

If you have never made a party or snack mix, I need to say just a few things here.

These are the most flexible and easy to make foods on the planet. They keep for relatively long periods in airtight containers, and they are a ready-to-go snack food.



They are especially nice to take to parties and other gatherings. Be sure to take your own stash of your party mix because people will scarf these mixes right up!

This recipe takes well to substitutions, so feel free to change them to meet your food needs and allergies.