

SUNNY SNACK MIX



Ingredients

4½ Cups Whole Grain Corn
Square-Shaped Cereal

¾ Cup Sunflower Seeds

2 Tablespoons Corn Syrup

1½ Tablespoons Brown
Mustard

½ Teaspoon Garlic Salt

Directions

1. In large microwavable bowl, mix cereal and sunflower seeds.
2. In small microwavable bowl, mix corn syrup, mustard and garlic salt. Microwave uncovered on High about 1 minute or until mixture boils. Pour over cereal mixture; toss to coat.
3. Microwave uncovered on High 3 to 4 minutes, stirring every minute, until slightly toasted. Spread mixture on waxed paper to cool.

YIELD:
5¼ CUPS

Crediting

Provides a Grain/Bread and Meat/Meat Alternate at Snack:

Toddler
1 Cup

Preschool
1 Cup

School Age
2 Cups

Adult
2 Cups