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Sticks and Stones

Ingredients

4 cups kix cereal

2 cups pretzel sticks

⅓ cup butter

½ teaspoon Worcestershire sauce

2 cups raisins *or* mixed dried fruit

Makes 32 servings

Instructions

1. Heat oven to 300°F.
2. Mix cereal and pretzels in an ungreased 13x9 inch pan.
3. Melt the butter in a small bowl; add Worcestershire sauce, mix together. Pour over cereal mixture, tossing gently, until evenly coated.
4. Bake uncovered 25 minutes, stirring occasionally.
5. Remove from oven and stir in fruit. Cool. Store in an airtight container.

Nutrition Facts

Serving Size 1/4 cup
Servings Per Container 32

Amount Per Serving

Calories 110	Calories from Fat 20
	% Daily Value*
Total Fat 2g	**3%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 270mg	**11%**
Total Carbohydrate 22g	**7%**
Dietary Fiber 1g	**4%**
Sugars 8g	
Protein 2g	

Vitamin A 2% • Vitamin C 2%
Calcium 2% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

16% calories from fat

Source: Cornell Cooperative Extension Of Schoharie County. January 2010

Eat Smart New York!
ESNY

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