

Snicker doodle Chex Mix (Gluten Free)

Servings: 16 servings (1/2 cup each)

Preparation Time: 15 minutes

Ingredients:

- 1/4 cup sugar
- 1 teaspoon ground cinnamon
- 2 cups Cinnamon Chex cereal
- 2 cups Chocolate Chex cereal
- 4 cups popped popcorn
- 1/4 cup margarine



Directions:

1. In a small bowl, mix sugar and cinnamon; set aside. In large microwavable bowl, mix cereals and popcorn.
2. In 1 cup microwavable cup, microwave butter uncovered on high for about 40 sec or until melted. Pour over cereal mixture, stirring until evenly coated.
3. Microwave uncovered on high 2 minutes, stirring after 1 minute. Sprinkle half of the sugar mixture evenly over cereal mixture, stir. Sprinkle with remaining sugar mixture, stir. Microwave 1 minute longer. Spread on waxed paper or paper towels to cool. Store in airtight container.

Nutrition Information:

Snicker doodle Chex Mix

Nutrition Facts			
Serving Size (19g)			
Servings Per Container			
Amount Per Serving			
Calories 90		Calories from Fat 35	
		% Daily Value*	
Total Fat 4g			6%
Saturated Fat 1g			5%
Trans Fat 0g			
Cholesterol 5mg			2%
Sodium 85mg			4%
Total Carbohydrate 13g			4%
Dietary Fiber 1g			4%
Sugars 6g			
Protein 1g			
Vitamin A 6%		Vitamin C 4%	
Calcium 4%		Iron 15%	
*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			

Snicker doodle Cookie

Nutrition Facts			
Serving Size (47g)			
Servings Per Container			
Amount Per Serving			
Calories 220		Calories from Fat 110	
		% Daily Value*	
Total Fat 12g			18%
Saturated Fat 7g			35%
Trans Fat 0.5g			
Cholesterol 40mg			13%
Sodium 85mg			4%
Total Carbohydrate 26g			9%
Dietary Fiber 1g			4%
Sugars 15g			
Protein 2g			
Vitamin A 6%		Vitamin C 0%	
Calcium 0%		Iron 4%	
*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			

Nutrition Fact Comparison:

Snicker doodle Chex Mix

Nutrition Information for 1 serving: ½ cups

Calories	90			
Sugar	5.8 grams	Total Fat	3.76 gram	Carbohydrates 13.19 grams
Fiber	0.62 grams			

Offers: Vitamin A, Folate, Calcium, Whole Grains, No Gluten ☺

Snicker doodle Cookie

Nutrition Information for 1 serving: 1 cookie

Calories	220			
Sugar	14.83 grams	Total Fat	11.82 gram	Carbohydrates 25.96 grams
Fiber	0.50 grams			

If you enjoy this recipe, go to www.ChexPartyMix.com for other festive treats!

Food Demonstration: Snicker doodle Chex Mix (Gluten-Free)

Audience: Adults, men and women, varying age and economic levels with interest in preparing a holiday snack that is gluten free.

Goal: Demonstrate preparation of a Chex Mix snack that can replace gluten-filled holiday cookies.

Objectives: After viewing the demonstration, participants will be able to:

- Recreate the recipe that was prepared
- Discuss options for variations in the demonstrated recipe
- State at least two pros to consuming snicker doodle Chex mix to an actual snicker doodle cookie

Materials:

Paper Towels
Gloves
Apron/Hat
2 Small glass bowl (1 cup)
1 Large glass bowl (2-3 cups)
Large Spoon/Forks
Measuring spoons/Measuring cups
Optional: Cloth for under bowls
Napkins
Table cover

Ingredients:

Sugar
Ground cinnamon
Cinnamon Chex cereal
Chocolate Chex cereal
Popcorn (microwavable)
Margarine

Advance Preparation and Set-up:

Purchase ingredients
Copy recipe and any materials
Check for allergies if possible
Prepare and arrange ingredients in order of use

Talking Points:

Introduction:

Does anyone have any food allergies?

Hello everyone, I'm Michelle Grossman, a registered dietitian. I'm here today to show you how to make a holiday treat that's yummy and gluten-free. Does anybody know someone who has a gluten intolerance? Or maybe does someone have it here today? Celiac Disease, which is the term used for when someone is intolerant to gluten, is becoming more common. That's why

it is a great idea to always have a gluten-free snack or food available at a holiday party or for your child to take to school for a class party or event. Today we are going to be making Snicker doodle Chex Mix that is gluten-free.

This recipe only requires: cinnamon Chex cereal, chocolate Chex cereal, popcorn, margarine or butter, sugar and cinnamon.

During the holidays, I know at least in my family, it is cookie baking time! This probably isn't something people with a gluten intolerance look forward to, trying to modify the cookie recipes, trial and error after trial and error of making the cookies, some too flat or not the same consistency as a regular cookie and maybe they don't look as appetizing to your guests or yourself. This time of year is so busy, that we all need a quick, tasty recipe to use!

With that, let's begin! First, I measured out the sugar and cinnamon. You want to mix these two together, with a fork or whisk, to make sure the cinnamon is evenly distributed throughout the sugar. A great way to lower the amount of sugar used is to just use more cinnamon! Then I cut a ¼ cup of margarine (which is ½ stick) and put it in the microwave, covered, for 40 seconds to melt it. I also went ahead and popped the popcorn in the microwave ahead of time, you should only need to pop one bag if you are making one batch of Snicker doodle Chex mix.

Now, I am going to measure out the cereals and popcorn into a large microwavable bowl. Once everything is measured out, I am just going to take two forks and toss the cereal and popcorn around, gently. Now I am going to evenly drizzle the melted margarine over the cereal/popcorn mixture and stir to coat evenly.

Then the mixture goes into the microwave for 2 min, and at 1 min, take out and mix, then put back in.

While this is in the microwave, you can clean up your mess so far and layout wax paper or paper towels for the mix to dry on.

Now that the two minutes are up, I am going to sprinkle half of the cinnamon sugar over the cereal mixture and stir. And then sprinkle the remaining sugar over and stir. Then microwave for the final time, for 1 min.

This recipe is great not only because it is simple and quick, but also if you look at the recipe sheet I handed out, the mix is lower in carbohydrates, sugar and fat and even offers whole grains from the chex cereal.

To finish, I am going to spread the final product onto the paper towels and just let it cool, before I put away in an airtight container or serve. An idea if you are making it for your child to take to school or if you are passing out as a holiday treat is to put the mix into a cute holiday baggie, like this! Taste, evaluation, thank audience