

Fall Harvest Chex Mix | Halloween Snack Mix

Yield: 9 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/halloween-snack-recipe>

Ingredients:

- 3 cups chex Cinnamon
- 1 cup pretzels
- 3 tablespoons maple syrup
- 1 tablespoon canola oil
- 1 dash nutmeg
- 1 dash kosher salt
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- 1 tablespoon canola oil
- 1 dash nutmeg
- 1 dash kosher salt

Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 15 grams
3. Fat: 3.5 grams
4. Protein: 1 grams
5. Sodium: 170 milligrams
6. Sugar: 8 grams

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