

# Holiday Chex Mix

Yield: 4 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/holiday-chex-mix-recipe>

## Ingredients:

- 3 ounces unsalted butter
- 1/4 cup maple syrup grade B
- 1/2 teaspoon vanilla extract
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/4 teaspoon allspice
- 1/4 pound Rice Chex 4 oz.; about 4 cups
- 1/4 pound corn chex 4 oz.; about 4 cups
- 1/4 pound pretzel sticks 4 oz.; about 4 cups, or mini pretzels
- sesame seeds
- kosher salt
- 1/4 cup semisweet chocolate chips optional

## Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 44 grams
3. Cholesterol: 45 milligrams
4. Fat: 23 grams
5. Fiber: 2 grams
6. Protein: 4 grams
7. SaturatedFat: 13 grams
8. Sodium: 590 milligrams
9. Sugar: 19 grams

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