

# healthy holiday chex mix

Makes 5 cups

RECIPE ADAPTED FROM: [Being Nutritious](#)

PREP TIME: 5 minutes

COOK TIME: 5-60 minutes (depending on method)

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- 3 cups Chex cereal (rice, corn, or wheat)
  - 1½ cups popped popcorn (or puffed rice or millet)
  - ¼ cup pepitas (hulled pumpkin seeds)
  - ¼ cup hulled sunflower seeds
  - ¼ cup olive oil
  - 1 tsp garlic powder
  - 1 tsp onion powder
  - 1 tsp thyme
  - salt and pepper, to taste
  - 1 tsp chipotle powder (optional)
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2 cellophane bags, ~9x4 inches

ribbon

[printable gift tag](#)



MIX cereal, popcorn and seeds in a large microwave safe bowl.

COMBINE olive oil and spices in a separate, small bowl.

DRIZZLE oil mixture over dry ingredients, stirring well.

## MICROWAVE METHOD

PLACE mixture in the microwave and cook for 4-5 minutes, stopping and stirring every minute.

WATCH it closely to ensure the cereal doesn't burn!

SPREAD on paper towels to cool before storing in an airtight container.

## OVEN METHOD

PREHEAT oven to 250°F.

PLACE mixture on a parchment paper lined baking sheets and spread in a single layer.

BAKE in the oven for 60 minutes, tossing every 10 minutes.

COOL completely before storing in an airtight container.

## TO PACKAGE FOR GIFTING

DIVIDE Chex mix into two cellophane bags.

CLOSE bag tightly with a twist tie.

PUNCH a hole in the top corner of your gift tag.

WRAP a piece of ribbon around the bag, sliding one end of the ribbon through the hole in the gift tag until the tag is tucked securely at the top.

TIE a knot or bow to secure the tag.