

Crispy squares Pumpkin Pie Crunch Snack of the Month October - 2015



Put your microwave to work with this made-in-15 minutes fabulous fall snack!

Prep Time: 15 Min

Start to Finish: 15 Min

Makes: 16 servings (1/2 cup each)

INGREDIENTS

1/4 cup brown sugar	2 cups Corn squares cereal
1 tablespoon pumpkin pie spice	2 cups Wheat squares cereal
2 tablespoons no-trans-fat vegetable oil spread stick or butter	2 cups Rice squares cereal
2 teaspoons vanilla	2-3 oz. pecans

DIRECTIONS

1. In small bowl, mix brown sugar and pumpkin pie spice; set aside. In small microwave-safe dish, microwave butter on High about 30 seconds or until melted. Stir in vanilla. In large microwavable bowl, mix all cereals and pecans. Pour butter mixture over cereal mixture, stirring until evenly distributed. Add sugar and spice mixture and stir until coated.
2. Microwave uncovered on High 5 minutes or until mixture begins to brown, stirring every minute. Spread on wax paper or a cookie sheet to cool. Store in airtight container.



Recipe Provides: Grains 1oz-equivalents

NUTRITION INFORMATION PER SERVING

Serving Size: ½ Cup	Total Fat: 4 g	Saturated Fat: 1 g
Calories: 110	Calories from Fat: 40	Carbohydrates: 32 g
Cholesterol: 60 mg	Dietary Fiber: 5 g	Sodium: 550 mg
Sugars: 10 g	Protein: 28 g	



Recipe adapted from www.eatbetterearly.com