

sea. level
spices in 1/8

Crunchy Mix

- 6 tablespoons olive oil
- 2 tablespoons GF
Worcestershire sauce
(see recipe in chapter 11)
- 1½ teaspoons kosher salt
- ¾ teaspoon garlic powder
- ½ teaspoon onion powder
- 3 cups Corn Crunch-Ems cereal
- 3 cups Rice Crunch-Ems cereal
- 1 cup GF pretzels
- 1 cup mixed nuts (optional)

It was such a boon to GF cereal lovers when Health Valley introduced their “Crunch-Ems” line of products. Although the rice version contains a minute amount of cornstarch, it is well tolerated even by individuals with corn sensitivities, and is worth a try. If needed, you can omit Corn Crunch-Ems. **Note:** Since first publishing this recipe, General Mills has removed gluten from their Chex line of cereal (with the exception of Wheat Chex and Multigrain Chex), so feel free to use these cereals instead.

- 1 Preheat oven to 250°F.
- 2 Pour oil in a large roasting pan. Warm in oven for 5 minutes.
- 3 Stir seasonings into oil. Gradually stir in remaining ingredients until evenly coated.
- 4 Bake crunchy mix for 1 hour, stirring every 15 minutes.
- 5 Spread mix on paper towels to cool.
- 6 Store in airtight container.

Makes 16 servings