

Gluten-Free Cereal Snack Mix

Contributed by Bev Lieven, co-leader of the Milwaukee Celiac Sprue Crew

Preheat oven to 200°

Seasoning

Mix together:

1/4 cup melted margarine

1 T. Worcestershire sauce

1 T. gluten-free soy sauce

1/2 t. each onion & celery salt

1/4 t. garlic salt

Dry Ingredients

Use any of the following to make 10 cups:

General Mills Rice Chex (or similar gluten-free cereal)

Gluten free pretzels

Corn or tortilla chips

Shoestring potatoes

Broken rice cakes

Mixed nuts

Pour seasoning over dry ingredients and toss.

Bake at 200° for 1 hour. Stir every 15 minutes.

Microwave Method: Microwave on high for 5 to 6 minutes. Stir every 90 seconds.

Allow to cool before storing in airtight container.