

Cooking with Chase and Grandma Duffy

Nuts N Bolts ¹

Being healthy means caring for your body so that you have energy to learn, play, and grow. Eating healthy snacks can help you get enough energy, keep your tummy from growling, and meet your daily nutrition needs.

Grandma Duffy knows that sometimes after all the playing and learning Chase and Amelia do around the farm, Chase and Amelia might have a healthy snack attack! With the help of an adult, try making some Nuts N Bolts to crunch on.

Yield: 44 cups

Ingredients

- 6 cups Rice Squares [1.5 L]
- 6 cups Multigrain O's [1.5 L]
- 5 cups Wheat Squares [1.25 L]
- 6 cups Crispy Hexagons [1.5 L]
- 5 cups Corn Squares [1.25 L]
- 1 - 200 g package pretzel sticks [about 3 ½ cups] [875 mL]
- 1 - 1.13 kg jar salted mixed nuts or peanuts
- 1 cup canola oil [250 mL]
- ¼ cup Worcestershire sauce [60 mL]
- 1 Tbsp seasoning salt [15 mL]
- 1 Tbsp celery seed [15 mL]
- 2 tsp garlic powder [10 mL]
- 1 tsp onion powder [5 mL]
- ½ - 1 tsp cayenne pepper [2-5 mL]
- Large roasting pan, and depending on the size of your roasting pan, 2 roasting pans.

Instructions

1. Preheat oven to 200°F [100°C]
2. In a large roasting pan or aluminum pan, combine cereals, pretzels and nuts.
3. In a small bowl, whisk together remaining ingredients. Drizzle mixture over cereal mixture, stirring constantly; toss to coat. Stir cereal and oil mixture 3 or 4 times as you drizzle.
4. Bake for about 1 hour, stirring every 15 minutes, until dry and crispy.
5. Let the mixture cool. Serve or store the mixture in an air-tight container.
6. Clean up.
7. **Note:** You may need to divide the mix into two batches to bake depending on the size of your roasting pan. Additionally, this recipe can be halved. Cayenne pepper is also optional.

See reference section for an additional great helpful tips! ^{1a}

