BetterBody Foods

Cinnamon Chex Mix

Prep: 10 min Cook: 0 min Total: 10 min Servings: 5

Calories: 523 Fat: 34g Protein: 12g Carbs: 52g Fiber: 0g

Ingredients

- 5 cups Chex cereal
- 1 cup whole almonds
- 1/4 cup BBF organic naturally refined coconut oil
- 1/3 cup BBF organic coconut sugar
- 2 Tbsp BBF organic agave
- 1 tsp cinnamon

Directions

1. In a large, microwave safe bowl, mix the cereal and almonds. Set aside.
2. In a medium, microwave safe bowl, place the butter, coconut palm sugar, agave, and cinnamon. Microwave on high for 2 minutes, stirring once in between. Pour over cereal and almonds, stirring until coated.
3. Spread onto a baking sheet covered in wax paper, sprinkle with a little salt, and allow to cool. Store in an airtight container.
4. Makes about 6 cups.
5. Enjoy your Cinnamon Chex Mix!