

SWEET BEAN SNACK MIX

2 cans (15 oz ea) garbanzo beans, drained & rinsed	½ c roasted pumpkin seeds
Butter flavor cooking spray	1 T honey
4 c toasted wheat, corn or rice squares cereal	1 T apple juice
2 c pretzel goldfish or pretzel sticks	4 t ground cinnamon
1 pkg (8 oz) chopped mixed dried fruit (2 cups)	1 ½ t ground nutmeg
1 pkg (6 oz) dried pineapple chunks (1 cup)	1 t ground allspice

Dry garbanzo beans well on paper towel. Place beans in a large skillet and spray generously with cooking spray; cook over medium heat, stirring frequently, until they begin to brown, 8 to 10 minutes. Transfer beans to jelly roll pan and bake at 350° until browned and beginning to crisp on the outside, 20 to 25 minutes.

Transfer beans to large bowl; add cereal, pretzel sticks, dried fruit, pineapple chunks and pumpkin seeds. Combine honey, apple juice, cinnamon, nutmeg and allspice; add to snack mixture and toss to coat well. Spray mixture generously with cooking spray and toss. Transfer mixture to roasting pan.

Bake snack mix at 350° for 15 minutes, stirring every 5 minutes. Cool; store in airtight container at room temperature.

Makes 16 servings. (1/2 cup each)