



Pumpkin Spice Latte Chex™ Muddy Buddies™



**Servings: 22 | Time: 30
minutes**

Ingredients:

- 8 cups Cinnamon Chex™ cereal
- 1/3 cup butter
- 1/4 cup packed brown sugar
- 1 tablespoon pumpkin pie spice
- 2 teaspoons vanilla
- 1 package (12 oz) white vanilla baking chips (2 cups)
- 1 1/2 cups powdered sugar

Preparation

- 1) Place cereal in large microwavable bowl; set aside.
- 2) In 2-cup microwavable measuring cup, microwave butter uncovered on High 30 to 45 seconds or until melted; stir in brown sugar and 2 teaspoons of the pumpkin pie spice. Microwave uncovered on High about 1 minute or until smooth and bubbly. Stir in vanilla. Pour over cereal in bowl; stir until evenly coated. Microwave uncovered on High 3 to 4 minutes, stirring after each minute, until cereal is glazed and toasted; leave in bowl, and set aside.
- 3) In medium microwavable bowl, microwave white vanilla baking chips uncovered on High 45 seconds; stir. Continue heating in 15-second intervals, stirring vigorously after each, until chips are melted and stirred smooth.
- 4) Pour melted chips over cereal in bowl; stir until well coated. Transfer cereal to large food-storage plastic bag or container; add powdered sugar and remaining 1 teaspoon pumpkin pie spice. Seal bag; shake until well coated. Spread on waxed paper to cool, about 20 minutes. Add Stir-ins.

Tips

Serving Size: About 1/2 a cup

Calories 220 (Calories from Fat 80); Total Fat 8g (Saturated Fat 5g, Trans Fat 0g); Cholesterol 10mg; Sodium 150mg; Total Carbohydrate 33g (Dietary Fiber 0g, Sugars 23g); Protein 2g

% Daily Value: Vitamin A 4%; Vitamin C 6%; Calcium 10%; Iron 20%

Exchanges: 1 Starch, 1 Other Carbohydrate, 1 1/2 Fat

Carbohydrate Choice: 2

Oven Directions: Heat oven to 325°F. Place cereal in large bowl; set aside. In 1-quart saucepan, melt butter over medium-low heat. Stir in brown sugar and 2

teaspoons of the pumpkin pie spice. Cook and stir 1 to 2 minutes or until smooth and bubbly around edges. Stir in vanilla. Pour over cereal in bowl; stir until evenly coated. Spread in ungreased 15x10x1-inch pan. Bake 20 to 25 minutes, stirring after 10 minutes, until cereal is glazed and toasted. Immediately transfer cereal back into large bowl. Meanwhile, in 1 1/2-quart saucepan, heat white vanilla baking chips over low heat 2 to 3 minutes, stirring constantly, just until chips are starting to melt and can be stirred smooth. Pour melted chips over cereal in bowl; stir until well coated. Transfer cereal to large food-storage plastic bag or container; add powdered sugar and remaining 1 teaspoon pumpkin pie spice. Seal bag; shake until well coated. Spread on waxed paper to cool, about 20 minutes. Add Stir-ins.

Nutrition

Serving Size: About 1/2 a cup

Calories 220 (Calories from Fat 80); Total Fat 8g (Saturated Fat 5g, Trans Fat 0g);

Cholesterol 10mg; Sodium 150mg; Total Carbohydrate 33g (Dietary Fiber 0g, Sugars 23g);

Protein 2g

% Daily Value: Vitamin A 4%; Vitamin C 6%; Calcium 10%; Iron 20%

Exchanges: 1 Starch, 1 Other Carbohydrate, 1 1/2 Fat

Carbohydrate Choice: 2

Stir-ins: 1 cup gluten free candy corn, gluten free candy pumpkins, gluten free fall-colored candy-coated chocolate candies, gluten free chocolate chewy caramel candies or roasted, salted almonds, if desired

Alternate Oven Directions: Heat oven to 325°F. Place cereal in large bowl; set aside. In 1-quart saucepan, melt butter over medium-low heat. Stir in brown sugar and 2 teaspoons of the pumpkin pie spice. Cook and stir 1 to 2 minutes or until smooth and bubbly around edges. Stir in vanilla. Pour over cereal in bowl; stir until evenly coated. Spread in ungreased 15x10x1-inch pan. Bake 20 to 25 minutes, stirring after 10 minutes, until cereal is glazed and toasted. Immediately transfer cereal back into large bowl. Meanwhile, in 1 1/2-quart saucepan, heat white vanilla baking chips over low heat 2 to 3 minutes, stirring constantly, just until chips are starting to melt and can be stirred smooth. Pour melted chips over cereal in bowl; stir until well coated. Transfer cereal to large food-storage plastic bag or container; add powdered sugar and remaining 1 teaspoon pumpkin pie spice. Seal bag; shake until well coated. Spread on waxed paper to cool, about 20 minutes. Add Stir-ins.