



GUIDING STARS®
NUTRITIOUS CHOICES MADE SIMPLE



HONEY MUSTARD SNACK MIX

Number of Servings: 12 (73 g)

Active Time: 45 min.

Total Time: 45 min.

Like

Share

Post

Save

Email

Print



Two Guiding Stars is
better nutrition

You can make this snack mix peanut-free by swapping in almonds, pumpkin seeds or soy nuts. By making this at home, you have control over the amount of salt and sugar used to make this flavorful, crunchy snack mix.

Ingredients

- 5 cups Wheat Chex
- 2 cups unsalted mini pretzels
- 2 cups rye chips

- 1½ cups unsalted peanuts
- 4 Tbsp. olive oil
- ¼ cup honey
- 3 Tbsp. ground mustard
- ½ tsp. onion powder
- ¼ tsp. salt

Directions

1. Preheat oven to 300°F. Line a rimmed baking sheet with parchment paper.
2. Combine the cereal, pretzels, chips, and peanuts in a large bowl.
3. Whisk together the oil, honey, ground mustard, onion powder, and salt.
4. Pour over the cereal mixture and stir to thoroughly coat. Spread evenly on the baking sheet.
5. Bake, stirring every 10 minutes, until the mixture is light golden-brown and toasted (30-35 minutes). Cool before serving and store in an airtight container.

Appetizers and Snacks Halloween Kid Friendly

Nutrition Facts	
12 servings per container	
Serving Size 73 g	
Amount per serving	
Calories	340
% Daily Value*	
Total Fat 18g	23%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 325mg	14%
Total Carbohydrate 41g	15%
Dietary Fiber 6g	21%
Total Sugars 10g	
Includes 9g Added Sugars	18%
Protein 9g	
Vitamin D 1.1mcg	6%
Calcium 87.7mg	6%
Iron 8.9mg	50%
Potassium 225mg	4%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

View more details

INGREDIENTS

Wheat Chex (whole Grain Wheat, Sugar, Salt, Molasses, Baking Soda, Vitamin E (mixed Tocopherols) Added To Preserve Freshness. Vitamins And Minerals: Calcium Carbonate, Iron And Zinc (mineral Nutrients), Vitamin C (sodium Ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine Hydrochloride), Vitamin B2 (riboflavin), A B Vitamin (folic Acid), Vitamin B1 (thiamin Mononitrate), Vitamin A (palmitate), Vitamin B12, Vitamin D3), Dry Roasted Peanuts, Rye Chips (enriched Flour (wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Soybean Oil, Rye Flour, Soybean Oil. Contains 2% Or Less Of: Salt, Sugar, Monosodium Glutamate, Yeast, Canola Oil, Caramel Color, Dried Worcestershire Sauce (vinegar, Molasses, Corn Syrup, Water, Salt, Caramel Color, Garlic Powder, Sugar, Spices, Tamarind, Natural Flavor), Maltodextrin, Onion Powder, Garlic Powder, Fumaric Acid, Caraway, Disodium Inosinate, Disodium Guanylate, Sodium Diacetate. Freshness Preserved By Bht), Honey, Unsalted Mini Pretzels (enriched Flour (wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Malt (tapioca Syrup, Malt Extract), Cane Sugar, Canola Oil (adds A Trivial Amount Of Fat), Yeast, Soda), Olive Oil, Mustard Seeds, Salt, Onion Powder.

LATEST FROM OUR BLOG

The Fresh Start Effect of Fall

SEPTEMBER 3, 2025 BY ALLISON STOWELL



With wellness in mind, here's how to embrace the fresh start effect of fall.

[Continue Reading »](#)

Discover the latest insights and tips on food, nutrition and what's new with Guiding Stars.

By subscribing, you agree to our Privacy Policy.

Signup

[HOME](#) [ABOUT](#) [CLIENTS](#) [ADVISORS](#) [RECIPES](#) [BLOG](#) [NEWS](#) [FOOD FINDER](#) [PRIVACY POLICY](#)

© 2025 Guiding Stars Guiding Stars Licensing Company. All rights reserved. US Patent Nos. 7,974,881; 8,626,796

Guiding Stars Licensing Company, 145 Pleasant Hill Road, Mail Sort 9900, Scarborough, ME 04074 USA

