

**MARQUETTE GENERAL HOSPITAL**  
**HEART HEALTHY RECIPE**

**SCREWS AND BOLTS**

¼ cup Low fat margarine  
2 tbsp. Worcestershire sauce  
1 tsp. Chili powder  
1 tsp. Paprika  
Pinch Garlic powder  
3-4 drops Tabasco Sauce  
2 cups Wheat Chex  
2 cups Bran Squares Cereal  
3 cups Unsalted pretzels  
1 cup Toasted Oat O's Cereal  
1 cup Soy Nuts  
1 cup Raisins

Preheat oven to 300 degrees. Melt margarine in microwave and combine with Worcestershire sauce, Tabasco sauce, and spices. Combine pretzels, cereals, and soy nuts in a greased baking pan. Drizzle sauce over, stirring gently to combine. Bake for 25 minutes. Cool. Stir in raisins while still warm.

Serving size: ½ cup  
Per Serving: Calories – 110,  
Total Fat – 3 g., Saturated Fat – 0 g,  
Cholesterol – 0 mg, Sodium – 160 mg.,  
Carbohydrate – 19 g, Fiber – 3 g, Protein – 5 g.