

## Sugar and Spice Snacks

Featured in: Prairie Fare

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### Ingredients:

- 1 6-oz. pkg. Bugle corn snacks
- 2 c. mixed nuts
- 2 Tbsp. orange juice or water
- 2 egg whites
- 1 1/3 c. sugar
- 2 tsp. ground cinnamon
- 1 tsp. ground allspice
- 1/2 tsp. ground ginger

[www.ext.nodak.edu/extnews/newsrelease/2002/120502/03prairi.htm](http://www.ext.nodak.edu/extnews/newsrelease/2002/120502/03prairi.htm)

### Directions:

- Heat oven to 275 degrees. Grease jelly roll pan. Mix Bugles and nuts in large bowl. Beat orange juice or water and egg whites in small bowl with wire whisk or hand beater until foamy. Mix in remaining ingredients. Stir into Bugles and nut mixture until well coated. Spread in pan. Bake for 45 to 50 minutes, stirring every 15 minutes, until light brown and crisp. Cool and store in air-tight container.

*Makes about 20 servings. Per half-cup Serving: about 190 calories, 10.5 grams (g) of fat, 22 g of carbohydrate, and 3 g of fiber.*

**NDSU** EXTENSION  
SERVICE