



Seasoned Saltine Crackers

Ingredients:

- 4 sleeves saltines
- 3 T powdered Ranch Dressing
- 2 T garlic powder
- 1 T dill weed
- 1 T red pepper flakes
- 1 & 1/2 Cup Canola oil

Directions:

1. Place Crackers in a sealable plastic container big enough for all crackers to stand on edge
2. Mix the other ingredients and pour over the crackers
3. Seal container
4. Flip container over every 30 minutes for a couple of hours
5. Enjoy

Find additional healthy recipes at:

<http://ext.vt.edu/food-health/family-nutrition-program/recipes.html>

<https://blogs.ext.vt.edu/eatsmart-movemore/2017/04/13/2017-spring-recipes/>