



Munch a Bunch

VALENCIA MIX

- | | |
|--|---|
| 1/2 cup (125 mL) butter | 1/4 tsp (1 mL) paprika |
| 2 tbsp (25 mL) packed golden brown sugar | 1/8 tsp (0.5 mL) garlic powder |
| 1 tsp (5 mL) grated orange peel | 4 cups (1 L) corn-and-rice cereal |
| 1 tsp (5 mL) salt | 3 cups (750 mL) whole wheat cereal squares |
| 3/4 tsp (3 mL) coriander | 2 cups (500 mL) miniature round butter crackers |
| 1/2 tsp (2 mL) cinnamon | 1 cup (250 mL) miniature pretzel twists |
| 1/4 tsp (1 mL) cayenne pepper | 1 cup (250 mL) Spanish peanuts |

Combine first 9 ingredients (butter through garlic powder) in a small saucepan. Cook, stirring, over low heat until butter is melted and brown sugar is dissolved. Combine remaining ingredients (cereal through peanuts) in a large roasting pan. Drizzle butter mixture over cereal mixture; toss to coat. Bake at 300°F (150°C) for 45 minutes, stirring twice; cool. Store in an airtight container in a cool dry place for up to 2 weeks.

Makes 12 cups (3 L).

Cook's Note: The ATCO Blue Flame Kitchen used Kellogg's Crispix Cereal, Post Shreddies Cereal and Christie Mini Ritz Original Crackers in this recipe.

CAESAR SNACK MIX

- | | |
|---|---|
| 3 1/2 cups (875 mL) fish-shaped cheese crackers | 2 cups (500 mL) mixed nuts |
| 5 cups (1.25 L) mini wheat thin crackers | 1/2 cup (125 mL) butter, melted |
| 4 cups (1 L) mini pretzel twists | 1 envelope (25 g) Caesar salad dressing mix |

Combine crackers, pretzels and nuts in a large roasting pan. Drizzle butter over cracker mixture. Sprinkle with dressing mix and toss to coat. Bake at 300°F (150°C) for 20 minutes, stirring once; cool. Store in a tightly sealed container in a cool dry place for up to 2 weeks. Makes 15 cups (3.75 L).

THAI SPICED NUTS

- | | |
|---------------------------------|--|
| 1/4 cup (50 mL) honey | 1 1/2 cups (375 mL) natural almonds |
| 4 tsp (20 mL) green curry paste | 1 1/2 cups (375 mL) pecan halves |
| 2 tsp (10 mL) oil | 1 1/2 cups (375 mL) roasted salted cashews |
| 3/4 tsp (3 mL) salt | 1/3 cup (75 mL) shredded coconut |

In a bowl, combine honey, green curry paste, oil and salt. Add almonds, pecans, cashews and coconut and mix until completely coated. Spread in a single layer in a greased 10x15 inch (25x38 cm) jelly-roll pan. Bake at 300°F (150°C), stirring once, for 30 minutes or until nuts are golden brown; cool. Stir nut mixture frequently while it is cooling. Store in a cool dry place for up to 1 week or freeze for up to 1 month.

Makes 6 cups (1.5 L).

Call the ATCO Blue Flame Kitchen home economists, Monday to Friday, 10 a.m. to 4 p.m.

■ Edmonton area 420-1010 ■ Lloydminster toll-free 1-306-825-5010 ■ Other locations in Alberta toll-free 1-877-420-9090

To purchase cookbooks, call the order desk toll-free 1-800-840-3393

For cooking ideas and great recipes, visit our web site at www.atcoblueflamekitchen.com

ORIENTAL MUNCH

4 cups (1 L) crisp oat cereal squares	1/2 cup (125 mL) oil
4 cups (1 L) crisp corn cereal squares	1/2 cup (125 mL) soy sauce
1 cup (250 mL) crisp oat cereal circles	1 1/4 tsp (6 mL) garlic powder
3 cups (750 mL) dry chow mein noodles	1 1/4 tsp (6 mL) onion powder
1 cup (250 mL) mixed nuts	1/4 tsp (1 mL) cayenne pepper

Combine first 5 ingredients (oat cereal squares through nuts) in a large roasting pan. Combine remaining ingredients; pour over cereal mixture, stirring to coat. Bake at 250°F (120°C) for 1 hour and 20 minutes. Stir every 20 minutes. Cool. Store in an airtight container in a cool place for up to 2 weeks. May be frozen for up to 1 month. Makes 10 cups (2.5 L).

CARIBOU CRUNCH

8 cups (2 L) buttery toffee popcorn with peanuts	2 butter toffee chocolate bars (39 g each), crushed
1 cup (250 mL) salted roasted cashews	
1 cup (250 mL) natural almonds	3 cups (750 mL) dark chocolate-flavoured dipping wafers, melted

Combine toffee popcorn, cashews, almonds and crushed chocolate bars in a large roasting pan. Pour melted dipping wafers over popcorn mixture. Stir gently until mixture is evenly coated. Refrigerate for 30 minutes or until coating hardens. Break crunch into pieces. Store in an airtight container in a cool dry place for up to 1 week or freeze for up to 6 weeks. Makes 12 cups (3 L).

Cook's Note: *The ATCO Blue Flame Kitchen used Crunch 'n Munch Buttery Toffee Popcorn with Peanuts and Skor chocolate bars in this recipe.*

WHITE CHOCOLATE POPCORN CRUNCH

14 cups (3.5 L) popped popcorn	3 cups (750 mL) white chocolate-flavoured dipping wafers, melted
2 cups (500 mL) roasted cashews	

Combine popcorn and cashews. Pour melted wafers over popcorn mixture. Stir gently until popcorn and cashews are evenly coated. Spread mixture in a wax paper-lined jelly-roll pan. Refrigerate for 30 minutes or until coating hardens. Break popcorn crunch into pieces. Store in a covered container in a cool dry place for up to 1 week or freeze for up to 6 weeks. Makes 16 cups (4 L).

Cook's Note: *1/2 cup (125 mL) unpopped popcorn = 10 cups popped popcorn.*

CANDY CANE POPCORN CRUNCH

24 cups (6 L) popped popcorn	2/3 cup (150 mL) finely crushed peppermint-flavoured candy canes
3 cups (750 mL) white chocolate- flavoured dipping wafers, melted	

Place popcorn in a large bowl. Pour melted wafers over popcorn. Stir gently until popcorn is evenly coated. Sprinkle with candy canes and toss gently just until combined. Spread mixture in a wax paper-lined jelly-roll pan. Refrigerate for 30 minutes or until coating hardens. Break popcorn crunch into pieces. Store in an airtight container in a cool dry place for up to 1 week or freeze for up to 6 weeks. Makes 24 cups (6 L).

Cook's note: *1/2 cup (125 ml) unpopped popcorn = 10 cups popped popcorn.*