

HIGH PROTEIN SNACK RECIPES

PARTY MIX #1

6 tbsp butter or margarine, melted	2 cups broken pretzel sticks
1/2 tsp onion powder	
1/4 tsp garlic powder	2 cups oat cereal
1/2 tsp celery salt	2 cups wheat cereal
1/4 cup Worcestershire sauce	1 1/2 cups chopped nuts

Preheat oven to 250°F. Mix together butter, onion powder, celery salt and Worcestershire sauce. Combine all dry ingredients. Pour the spice mixture over the dry mixture. Spread on a baking sheet and heat for 20 minutes, occasionally stirring to blend well. Cool on paper towel.

PARTY MIX #2

1/2 cup butter or margarine	1 cup salted mixed nuts
4 tsp. Worcestershire sauce	2 2/3 cup Rice Chex
2 2/3 cup Corn Chex	2 cups pretzels (broken)
2 2/3 cup Wheat Chex	1 1/4 tsp. seasoned salt

Preheat oven to 350°F. In large baking pan melt butter in oven. Stir in seasoned salt and Worcestershire sauce. Gradually add cereals and nuts, stirring until all pieces are evenly coated. Bake 20-25 minutes, stirring at 10 minutes. Cool on absorbent paper. Store in airtight container.

PEANUT BUTTER PUFFS

3 cups Rice Crispies
1/2 cup sugar
1 Tbsp. water
3/4 cup peanut butter
1/2 cup corn syrup

Mix sugar, water and corn syrup together in a sauce pan. Heat until boiling. Remove from heat, add peanut butter and stir until smooth. Pour in Rice Crispies and mix well. Pour into a buttered 8" x 8" pan. Cool, cut and eat.

ALMOND INDIAN CORN

2 cups whole natural almonds, toasted*
1/4 cup grated Parmesan cheese
1 teaspoon Worcestershire sauce
2 quarts freshly popped corn
1/4 cup melted butter

In large bowl, combine toasted almonds, popcorn, and Parmesan cheese.
Mix together melted butter and Worcestershire sauce. Pour over almond-popcorn mixture, tossing to coat evenly. Serve in bowls to eat out of hand.

* To Toast Almonds:

Microwave Oven: Spread almonds in a single layer in shallow glass baking dish. Microwave on HIGH power, 4-5 minutes, stirring halfway through. Cool.

Conventional Oven: Spread almonds in a single layer in shallow pan. Place in cool oven; toast at 350°F, 12-15 minutes, stirring occasionally, until lightly toasted. Cool.

HIDEOUT CRUNCH

1/3 cup light corn syrup
1/3 cups peanut butter
2 tbsp. sugar
1 1/2 cups Honeycomb Cereal
1 cup popped popcorn
1/2 cup peanuts and/or raisins

Heat syrup, peanut butter and sugar in a large sauce pan, stirring constantly until mixture boils
OR use a microwavable bowl cooking at HIGH until mixture comes to a boil—about 2 minutes.
Stir.

Stir in remaining ingredients. Cool slightly. Wet hands with cold water and shape into 2" balls.
Makes about 20 balls.