

Table Of Contents

Pg # **Title**

5. All-Star Fudgy Baseballs and Bats
6. Apple Smiles
7. Bunny Salad
8. Butterfly Bites
9. Cat's Eyes
10. Chocolate Spiders version #1
11. Chocolate Spiders version #2
12. Clown Faces
13. Daisy Apple
14. Dirt Cups
15. Easter Mints Kids Can Make
16. Eyeballs on Ritz
17. Fish in the River
18. Funny Face Carrot Salad
19. Jello Aquarium Recipe
20. Octopus Dogs
21. Peaches with a Sunshine Smile
22. Peanut Butter Caterpillars
23. Peanut Butter Turtles
24. Potato Pups
25. Rock Candy
26. Rudolph the Reindeer
27. Snake Hot Dogs
28. Teddy Bear Carousel
29. Wagons

Gross But Fun Recipes:

30. Boogers On A Stick
31. Brain Cell Salad
32. Brains on the Half Skull
33. Butchered Snake Bits With Barbecue Sauce

34. **Cat Litter Casserole**
35. **Chicken Pox Pancakes**
36. **Chopped Off Fingers Pizza**
37. **Chuckie's Upchuck**
38. **Dead Sea Soup**
39. **Diaper Dump Porridge**
40. **Flat Cat Cookies**
41. **Gross Guess?!**
42. **Hairball Salad with Saliva Dressing**
43. **Homemade Maggot Stew**
44. **Nose Blow Burritos**
45. **Penicillin Pizza**
46. **Puked Up Potatoes**
47. **Ralph's Retch**
48. **Sewer Soda**
49. **Snouts & Beans**
50. **Spit-Wad Sandwiches**
51. **Toasted Tongues**
52. **Tortured Tomatoes with Bird Dropping Dressing**
53. **Worm Burgers**

<u>Lunch Recipes:</u>

54. **Apple Pancakes**
55. **Banana Hot Dog Sandwich**
56. **Basic Pancakes**
57. **Bologna and Cheesewitch**
58. **Brunch Pizza**
59. **Caramel French Toast**
60. **Cheese and Fruitwich**
61. **Chilaquiles**
62. **Cream Cheese Sandwich**
63. **Crispy Corn Dogs**
64. **Crunchy French Toast**
65. **Curried Tuna Sandwich**
66. **English Muffin Pizza**
67. **Fruit Sandwich**
68. **Green Spaghetti**
69. **Mock chopped liver**
70. **Peanut Butter and Jelly French Toast**
71. **Peanut Butter Noodles**
72. **Pease Porridge Hot**
73. **Pizza on Rye**
74. **Sailboats and Canoes**

75. **Top Dog**

Snack Recipes:

76. **Popcorn Cake**
77. **Mixed Fruit and Toffee Corn**
78. **Microwave Carmelcorn**
79. **Peanut Butter Chocolate Rice Krispie Treats**
80. **Kids Trail Mix**
81. **Kids Snackin' Corn**
82. **Classic Spinach Spread**
83. **Kid's Krunchy Krazy Korn**
84. **Kabibbles**
85. **Hobo Popcorn**
86. **Puppy Chow**
87. **Pineapple Cheese Squares**
88. **Armchair Quarterback Crunch**
89. **Clingons**
90. **Chex & Chocolate Party Mix**
91. **Cheerio Bars**
92. **Bugs on a Log**
93. **Chocolate Peanut Butter Dip**
94. **Cheese and Carrot Corps**
95. **Monster Munch**
96. **Roasted Soybeans**
97. **Marshmallow Sandwich**
98. **Pizza Rice Cakes**
99. **Pizza Pinwheels**
100. **Peanut Pitas**
101. **Ants in the Sand**
102. **Oyster Cracker Snacks**
103. **Toadstools**
104. **Spicy Nuts**
105. **Cannoli for Kids!**
106. **Eggsquisite Easter Baskets**
107. **Homemade Cracker Jacks**
108. **Kandy Fun Kakes**
109. **Peanut Butter Snack**
110. **Kids Popcorn Balls**
111. **Peanut Butter Nanaimo Bars**
112. **Popcorn Cake**
113. **Popcorn Snacks**
114. **Peanut Butter Candy**
115. **Caramel Corn**
116. **Butter Mints**

117. **Diabetic Kid's Snackin' Corn**
118. **After-School Mix**
119. **Five-Spice Walnuts**
120. **Crunchy Noodle Jumble**
121. **Chunky Date, Coconut and Almond Granola**
122. **Chocolate Snack Blocks**
123. **Chex Muddy Buddies**
124. **Carmeled Peanuts**
125. **Carmel Corn Pops**
126. **Caramel-Nut Corn**
127. **Gelatin Rainbow**

All-Star Fudgy Baseballs and Bats

1 c Carob powder
1 c Water
1/4 c Honey
1/4 c Peanut butter (smooth or cru
3/4 c Wheat germ
3/4 c Rolled oats
2 tb Dry milk powder
1/2 c Unsweetened shredded coconut
1 ts Cinnamon (optional)
1/2 ts Grated orange rind (optional)

In a small saucepan, combine the carob and water. Bring to a boil over low heat, stirring constantly to prevent scorching. Add the honey and peanut butter and continue cooking for about 5 minutes, or until syrup is smooth and slightly thickened.

In a large bowl, mix together the wheat germ, oats, milk powder, coconut, cinnamon, and orange rind (if desired).

Pour about one cup of the carob syrup over the dry mixture, or as much as is needed to make a pliable, dough-like consistency. Store the remainder in the refrigerator and use as an icing or to make great milk shakes.

Pinch off pieces of the dough and roll each piece between your palms into 2-inch-long tubes about the circumference of a fountain pen, tapered at one end in the shape of a baseball bat. Roll the rest into marble-sized balls.

Apple Smiles

1 Red medium apple; cored & sliced about 1/3" wide, not skinned!
Peanut butter (creamy works best)
Tiny marshmallows.

Spread one side of each apple slice with peanut butter. Place three or four tiny marshmallows on top of the peanut butter on one apple slice. Top with another apple slice, peanut butter side down.
Squeeze gently. Eat right away..makes 8-10

Bunny Salad

1 Chilled pear half
2 Raisins
1 Red cinnamon candy
2 Blanched almonds
-cottage cheese ball

Place crisp lettuce leaf on plate. On top of it, place pear upside down. Make bunny, using narrow end for face. Two raisins for the eyes, 1 red cinnamon candy for the nose and 2 blanched almonds for the ears. The cottage cheese ball makes the tail.

Butterfly Bites

2 Stalks of celery
12 lg Three-ring pretzels
6 tb Peanut butter or cream cheese
About 18 raisins or currents
12 Slivered almonds or enoki mushrooms

Wash the celery. Using plastic knives, cut the celery into thirds. Fill each celery stalk with one tablespoon of either peanut butter or cream cheese. For the wings, gently push 1 pretzel into the filling, running parallel to the length of the celery stick. Do the same on the celery's other lengthwise side. Arrange the raisins or currents as the eyes, nose and mouth. For antennae, push the slivered almonds or mushroom cap into filling. If using mushrooms, arrange the spaghetti-like mushroom tips upward, like an antenna.

Cat's Eyes

1/2 c Peanut butter
8 Ritz crackers
1 Banana; cut into 8 slices
8 Raisins

Spread peanut butter on crackers and top each with a slice of banana. Place a raisin in center of each banana to form a cat's eye and repeat for all banana topped crackers.

Chocolate Spiders version #1

4 cups semisweet chocolate baking chips

Melt chocolate chips in top of double boiler. Let stand over the water until water is cool, about 10 minutes. Place wax paper on cookie sheet. Pour chocolate into a pastry bag that is fitted with a 1/8-inch or 1/4-inch tip. Squeeze chocolate onto wax paper in the shape of spiders. If chocolate is runny it needs to be cooled longer. Chill the spiders for about 10 minutes. When hard peel off wax paper. Store in refrigerator laid flat.

Chocolate Spiders version #2

12 oz Twizzlers; chocolate flavor
4 oz Milk chocolate candy melts

Cut twizzlers into 1 1/2" pieces. Slice each piece in half lengthwise. On waxed paper place 4 legs (pieces) on each side and then drop 1 tsp melted candy in middle for body. Use a toothpick to smooth to uniform circle and connect all candy pieces. Cool completely before removing from waxed paper.

Clown Faces

Large Pancake
3 x Orange Slices
2 x Poached or fried Eggs
1/2 Cherry Tomato

Make the pancakes in advance and set them in oven to keep them warm. Poach or fry the eggs. To assemble the faces, place the pancakes on a plate, with eggs for eyes, orange slices for ears and mouth, and a tomato half for the nose.

NOTE: For a lighter meal, omit the eggs and use apricot or peach halves for eyes and half a fresh cherry for a nose. Or, omit pancakes, assemble eggs directly on plate, and add a smile made from chopped, sauted potatoes.

Daisy Apple

2 Tbs. raisins
2 Tbs. crunchy or creamy peanut butter
1 Mcintosh apple
Peanuts, for garnish (omit if making for small child)

Set aside a few raisins for face. Stir remaining raisins into peanut butter. With apple corer or paring knife, remove core and seeds from apple. Using a small knife, push peanut butter mixture into center of apple. Make a happy face on top of peanut butter using reserved raisins. Arrange peanut halves around edge of peanut butter forming a circle. Chill before serving.

Dirt Cups

2 c Milk
1 pk Chocolate Pudding, instant
3 1/2 c Cool Whip
16 oz Oreos
8 Gummy Worms (opt)
8 Plastic flowers (opt)

Pour milk into medium bowl, add pudding mix. Beat until well blended, 1 -2 minutes. Crush Oreos and set aside. Let stand 5 minutes. Stir in cool whip and half of cookies. To assemble: place 1 Tb crushed cookies in bottom of 8 oz cup. Fill cups about 3/4 full with pudding mixture. Top with remaining crumbs. Optional garnish: place flower in middle and put gummy worm halfway out of "dirt".

Easter Mints Kids Can Make

1/3 c Soft butter
1/3 c Light corn syrup
1/2 ts Salt
1 ts Flavoring
3 1/2 c (1 lb) sifted confectioner's sugar
Large bowl
Wooden spoon
Paper plates
Pencils

This is a no-cook recipe the children can mix with their hands. Flavor it with any of the liquid flavorings in the supermarket, such as strawberry and lemon. If you want, you can instead divide it into three portions and add a few drops of food coloring to tint it yellow, red, and green. The knead a small amount of flavoring into each one. This recipe makes about 1 1/2 lbs of candy.

Help the children measure all the ingredients into the large bowl. They can take turns stirring it with the wooden spoon until it becomes too stiff. Then they can knead it with their hands. They should continue kneading until the dough is smooth.

Give each child a paper plate and a pencil. Tell them to turn their plates OVER and write their names on the Bottom to prevent pencil lead from getting on their mints. Help them hold their pencils correctly. Make sure they use upper and lower case letters.

Give each child a portion of dough on his or her plate. The children can pinch off pieces, roll them into balls, and press them lightly with a fork to make a fancy butter mint. Children who cannot roll the candy into balls can make snakes, cut the snakes into pieces, and press the pieces with a fork. They might eat the pieces with the fork, but that's ok too. Leave the mints on the plates and refrigerate them for 30 minutes, until they become firm. Easter Mints taste even better the second day, if you can keep everyone from eating them all on the first day. Cover with plastic wrap and keep them in the refrigerator.

Eyeballs on Ritz

Eggs; hard boiled
Black olives
Ritz crackers
Red food coloring

Cut hard boiled eggs in half lengthwise. Remove yolks and make filling for deviled eggs. Cut out small hole from bottom center of each egg (about 5/8" diameter.) Poke a black olive partway through each hole and hold in place by filling eggs with yolk filling. Place each egg, olive side up, on a ritz cracker. Paint red lines, resembling blood veins, with a toothpick on the eye.

Fish in the River

2 Celery stalks
1/4 c Cream cheese; or other cheese spread (tinted green if desired)
8 Goldfish crackers
Trim and wash celery and fill with cheese. Top with crackers and serve.
Food for a Hobo Hike
4 cn Tuna (3 oz each)
4 cn Baked beans (6 oz each)
4 Oranges
4 Plastic
4 Bandana clots
4 Children

Place 1 can tuna, 1 can beans, 1 orange, and 1 fork on each banadana. Bring up corners and tie securely. Tie end to children's belt loop or attach to a stick and send them off on their hobo hike. Pack another hobo pouch for yourself and go along. Make sure someone has a Scout knife with a can opener attachment to open cans (much more fun struggling with one of these things than to take a conventional can opener). The oranges serve as both a drink and a dessert. Poke a hole in one end and after all the juice has been sucked out, open it and eat the flesh. The tuna and beans, of course, are eaten just as they come from the can. The bandanas serve as little tablecloths, napkins, and kerchiefs to be worn back home. Children love this hobo picnic--it's easy for you, nutritious, filling, and fun from them.

Funny Face Carrot Salad

2 carrots
1 small can crushed pineapple
1/2 cup vanilla yogurt
Raisins

Peel carrots. Roll up a few long shavings and save them for "hair" on a final salad. Grate carrots with a grater. Be careful of your fingers. Drain can of crushed pineapples in a strainer, using a spoon to push out the juice. Toss pineapple with carrots, then add vanilla yogurt. Spoon some salad onto a plate. Make a smiling face with raisins. Style carrot "hair", and serve with a smile.

Jello Aquarium Recipe

1 pk Jello Berry BLUE jelly powder
1 c Boiling water
2 c Ice cubes
Gummy fish

Dissolve jelly powder in boiling water. Add ice cubes, stirring until jelly thickens, about 3-5 minutes. Remove any unmelted ice. Spoon jelly into to clear sided bowls. Poke 3 or 4 gummy fish into each dish of slightly thickened jelly. Refrigerate 30 minute to set. Serve with 1-1/2 hours.

Octopus Dogs

6 Hot dogs
6 Hot dog buns
1 cn Chili

About 1" from one end of a hot dog, start a slit in the hot dog that goes vertically to the other end. Turn a quarter turn and make another slit. Keep making slits until you have eight "legs" for the hot dog. Boil and the hot dog will look like an octopus. Serve with head up and legs spread out over an opened hot dog bun that has chili on it.

Peaches with a Sunshine Smile

1 cn Of peach halves
2 To 3 cups cottage cheese (low-fat)
Lettuce leaves

Arrange lettuce in a bowl or plate. Spoon a layer of cottage cheese "sun rays" on lettuce. The peach half is placed round end up. Press raisins gently into peach to form a sunshine face. Sprinkle extra raisins on cottage cheese.

Peanut Butter Caterpillars

Banana
Grape
2 tb Peanut Butter

Peel and slice a banana. Spread slices with peanut or sesame butter and connect the slices. Add a grape up front for the head ("gluing" with more peanut butter.)

Peanut Butter Turtles

Apple
2 tb Peanut Butter
5 x Grapes

Slice an apple in half. Make several slits in each half. Fill with peanut butter or sesame butter (available in health stores.) Attach seedless grapes with toothpicks (remove before giving to very young children) for the head and legs and stick a carrot shaving on for a tail (tuck it in 1 of the slits) Nice to serve as a lunch treat.

Potato Pups

8 Hot dogs
2 c Mashed potatoes
1/2 ts Dry mustard

Split hot dogs the long way not quite all the way through. Fill split opening with mashed potatoes mixed with dry mustard. Sprinkle the top with paprika. Bake in 375 degree oven for about 15 minutes or until heated through and slightly browned on top. Can also be topped with some grated cheese (cheddar or parmesan).

Rock Candy

2 c granulated sugar
Heavy cord
1 c water

Put one cup of water into a small saucepan, pour 2 cups of granulated sugar into the water, heat the water and sugar on the stove over a medium heat, continue stirring until the sugar melts, keep adding sugar and stirring until it melts, stop adding sugar when you see that it will no longer dissolve in the water (that is until you see sugar lying on the bottom of the saucepan). Remove the pot from the stove, let the liquid cool until it is just warm. Pour the liquid into a clean glass jar. Tie one end of a piece of heavy cord around the middle of a pencil. Place the pencil over the top of the glass jar letting the cord fall into the liquid. Crystals will begin to form in a few hours. The next day, remove the cord from the jar, pour the sugar liquid back into the saucepan, reheat and cool it just as you did before. Pour the liquid back into the jar and reinsert the cord with the crystals into it. More crystals will form. If you repeat this procedure every day the crystal candy will grow bigger and bigger. When it has reached a size that pleases you, snip off any excess string and enjoy.

Rudolph the Reindeer

1/4 c Peanut butter; creamy
2 sl Whole wheat bread
16 Raisins
4 Cherries
16 Pretzels; twist style

Spread peanut butter on bread slices and cut each slice into four triangles. Turn triangles so point is down, then place two raisins in center for eyes. Cut cherry in half and place one half at bottom point for nose. Break twist pretzels to make antlers and place at upper two corners. Variation: Turn pretzel down near nose to make cats with whiskers.

Snake Hot Dogs

1 Hot dog
1 Hot dog bun

Take hot dog and make horizontal slits (that go a little more than halfway through the hot dog) down half the length of the hot dog. For the other half of the hot dog do the same thing but make the slits on the opposite side. When boiled (or microwaved) the hot dog will twist like a snake. Serve on a hot dog bun with chili or cheese if desired.

Teddy Bear Carousel

1 Apple; cored
8 Teddy grahams
2 Gummi bears
1/4 c Peanut butter; creamy
8 Toothpicks

Cut apples crosswise into 1/4" slices to form circles. Discard or eat top and bottom of apple. Spread two circles with peanut butter. Stick four toothpicks, equal distances apart, around the edge of of apple circle, peanut butter side up. Top with second apple circle, peanut butter side up, and secure to tops of toothpicks to form a carousel. Stand four teddy grahams in the peanut butter between the toothpicks. Place a gummi bear in the center of the carousel roof. Repeat to make a second carousel. Serve, being careful with toothpicks.

Wagons

2 Celery stalks
12 Toothpicks
16 Carrot rounds
1/2 c Peanut butter; cheese spread or ranch dressing
20 Raisins

Cut celery stalks crosswise into two pieces each, about 3" long. Push toothpicks through sides of celery to form axles for four wheels. Fill celery wagon with peanut butter, cheese or dressing. Stick carrot rounds onto ends of toothpicks. Cover tips with raisins. Stick a toothpick into the end of the celery at a 45 degree angle to form wagon handle. Cover tip with raisin.

Gross But Fun Recipes:

Boogers On A Stick

1 jar cheeze whiz - 8 oz.
green food coloring
25 pretzel sticks
waxed paper
1 long handled spoon
platter

Melt the cheeze whiz in the microwave or on top of the stove, according to directions on the jar. Allow the cheese to cool slightly in the jar. Using a long handled spoon, carefully stir about three drops of green food coloring into the warm cheese, using just enough to turn the cheese a delicate snot green. To form boogers: Dip and twist the tip of each pretzel stick into the cheese, lift out, wait twenty seconds, then dip again. When cheese lumps reach an appealingly boogerish size, set pretzels, booger down, onto a sheet of waxed paper. Allow finished boogers on a stick to cool at room temperature for ten minutes or until cheese is firm. Gently pull boogers off waxed paper and arrange on a serving platter. Serves 5 to 6 booger buddies.

Brain Cell Salad

1 pk (6 oz) blueberry jello mix
1 ct (16 oz) small curd cottage
Cheese
1 cn (16 1/2oz) can blueberries In syrup -=OR=- 3/4 c Frozen blueberries, thawed
Blue food coloring
--TOOLS--
2 Mixing bowls
cn Opener
Spoon
6 Salad plates

With an adult's help, prepare jello according to package directions. Chill 4-5 hours or until firm. Scoop cottage cheese into a bowl. Drain and set aside the syrup from the blueberries. Add the berries to the cottage cheese and mix well. Add three drops of food coloring to turn the cottage cheese a nice grayish color when blended.

To serve salad, place a few spoonfuls of firm gelatin, (congealed brain fluid), onto individual serving plates. Top with a scoop of cottage cheese (brain tissue) mixture and serve. Serves 6 psycho surgeons.

Brains on the Half Skull

2 md Potatoes
8 oz Thin Spaghetti
14 oz Spaghetti sauce

Preheat the oven to 400 degrees. Wash the potatoes and cut them in half crosswise. Place the potatoes cut side up on a baking pan and bake for 40 minutes. While the potatoes bake, prepare the spaghetti in a medium sized pot according to the directions on the package. Then carefully drain the cooked spaghetti in a colander over the sink. A few minutes before the potatoes are ready, begin to heat the sauce (blood) in a small pot. Remove the potatoes from the oven, and scoop out the insides of the potatoes. You won't need the insides for this recipe, the empty shells will serve as the skulls. When the sauce begins to boil, remove it from the heat and combine it with the cooked spaghetti to make brains. Put a scoop of bloody brains in each skull.

Butchered Snake Bits With Barbecue Sauce

1 Package rigatoni pasta -- (10oz)
2 Cans squirtable cheese spread
1 Small Jar barbecue sauce
16 Whole black peppercorns -- (16 to 20)
1 carrot

Cook pasta according to directions on package. Rinse the pasta in cold water. To make snakes:Covering one end of the rigatoni with your finger (to prevent leakage), carefully fill each piece of pasta with cheese spread. Place six to eight cheese-filled rigatonis end to end on a serving platter, in a realistically curvy snake shape. Using a toothpick, spread lines of barbecue sauce along the top of each snake for markings. To form heads, use barbecue sauce to glue two black peppercorn eyes onto the end opposite the tail of each snake. Wash, dry and carefully peel skin off carrot. When completely clean of skin,make one more peeling for each snake you have formed. At the narrow end of each peel, carefully cut out a long, thin triangle. These are your snakes forked tongues. Position tongues.

Cat Litter Casserole

1 c Bisquick
1 c Shredded Cheddar cheese
1 lb Ground beef, turkey or pork
Sausage
---TO MAKE LITTER---
2 c Long grain rice
3 3/4 c Water
2 ts Salt
2 tb Butter or margarine
--TOOLS--
lg Mixing bowl
Rectangular baking pan
Deep saucepan with lid
Fork
Paper towels
lg Spoon
Stainless steel pooper scooper

To make dumps: With an adult's help, preheat the oven to 350 degrees F. Using clean hands, mix together the dump ingredients in a large bowl. Mold pieces of this mixture into various size/shape dumps. Place so they don't touch each other in an ungreased baking pan. Use two if they don't all fit. With an adult's help, bake the dumps for about 20 minutes or until they are all brown, firm and slightly crusty. While the meat cooks, put all four litter ingredients into a large saucepan. Then, with an adult's help, heat on high until the water comes to a boil. Stir, turn heat to low and cover the pan. Simmer without lifting the cover for fourteen minutes. With an adult's help, remove the saucepan from the stove and carefully (to avoid having your face melted away by the steam), lift off the cover. Break apart, or "fluff" the rice with a fork and set pan aside. When dumps are done, carefully transfer them onto paper towels to drain. Spoon the rice and dumps into the now empty baking pan, leaving some dumps partially uncovered, the way Kitty does when he/she is in a hurry. Serves 8-10 litterbox lovers. Use pooper scooper to serve.

Chicken Pox Pancakes

Strawberries
Pancake mix
Bananas
Powdered sugar
--TOOLS--
Knife
Cutting board
Mixing bowl
lg Flat skillet
Spatula
Plates

With an adult's help, chop the berries into small chunks, allowing one or two per pancake face. Set aside. With an adult's help, prepare the pancake mix according to package directions. When the pancakes are done, place each serving in a stack on a separate plate. For every two stacks of pancakes, you need to peel one banana. Carefully slice off the two ends and put one on top of each stack for a nose. Then cut two thin slices from each end for eyes. Then cut banana in half for a long curved mouth. Arrange the strawberry chunk chicken pox all around each face. Use clean fingers to drop a pinch of powdered sugar on each pox for a tasty bit of pus. Serves as many little polka dotted people as your heart desires.

Chopped Off Fingers Pizza

1 Red bell pepper (4 oz.)
12 Sticks (1 oz. each) mozzarella
8 Small (about 5" diam.) baked pizza crusts
1 cup Pizza sauce

Core, stem and seed pepper; cut lengthwise into 1"-wide strips. Cut each strip crosswise into 1/2" pieces (fingernails). Round corners on one end of each piece. Cut each cheese stick in half crosswise. On rounded end of each stick (finger), cut out a 1/2"- square notch into which a pepper piece will fit to make a nail. Lay crusts slightly apart on 3 baking sheets, each 12"x15". Spread pizza sauce evenly over each crust. Lay 3 cheese fingers well apart on each crust: fit a red pepper nail onto each. Bake in a 450F oven until cheese just begins to melt, about 8 min. Yield: 8 personal pizzas

Chuckie's Upchuck

2 teaspoons of butter or margerine
2 medium onions chopped
16 ounces of cream style corn
2-10 ounce cans of cream of mushroom soup
2 cups milk

Whatever leftover vegetables you have in the fridge! (tomatoes, green beans, Mushrooms, cauliflower, etc) Saute onions in the butter. Add everything else and bring it to a boil. Simmer 5 minutes. Serve immediately with a barf bag of course!

Dead Sea Soup

1 Celery heart with whitish Leafy stalks
1 sm Jar artichoke hearts
1 cn (10 1/2oz) chicken with rice Soup
Blue and green food Colorings
1 c Fish shaped crackers
--TOOLS--
Knife
Cutting board
lg Saucepan
Spoon
Soup ladle
4 Soup bowls

With an adult's help, chop the celery heart into small pieces. Using clean hands, pull apart the surrounding whitish leafy stalks, leaving them long and stringy; these celery pieces will be your seaweed. Set aside. Drain the jar of artichoke hearts and cut into the size of a penny. Prepare soup according to directions. Add the celery and artichokes and heat until soup comes to a boil. Turn heat to low and carefully add two or three drops each green and blue food coloring until the soup reaches an appropriately murky seawater color. Carefully ladle the hot soup into individual bowls and sprinkle a quarter cup of crackers on top of each one. Encourage some of the floating celery seaweed to hang over edge of bowls and serve. Artichoke pieces and rice from the soup will sink.

Diaper Dump Porridge

1 cn (10 oz) beef broth
1 Tube refrigerated biscuits
1 cn (10 oz) chicken broth
--TOOLS--
2 sm Saucepans
Knife
Slotted spoon
Soup ladle
4 Soup bowls

Pour the beef broth into a saucepan. Set aside and don't add any water. Remove the biscuits from the tube, separate them and carefully cut each one in half. Then, using clean hands, sculpt the biscuit pieces into "dump" shapes. Add the dumps to the beef broth. With an adult's help, place the dumps and broth over medium heat and cook until the mixture comes to a boil. Turn the heat to low, cover the pan with a lid and simmer for 15-20 minutes. Carefully check the broth level often. Pour the chicken broth (diaper fluid) and one can water into the second saucepan. With a slotted spoon, carefully transfer the cooked dumps from the beef broth and place in the chicken broth pan. Heat chicken broth according to the directions on the can.

Sicko serving suggestion: When you're done eating, place a container of baby wipes on the table for guests to clean up with!

Flat Cat Cookies

1 pk (20oz) refrigerated sugar Cookie dough
1 tb To 2 flour
Red cinnamon candies
Seedless strawberry jam
--TOOLS--
Rolling pin
Butter knife
Spatula
Cookie sheet
2 Spoons
Wire cooling rack

With an adult's help, preheat oven to temperature specified on package. Sprinkle flour on a clean, flat surface and roll out cookie dough slightly thicker than what the package calls for. Then, using butter knife, cut out cookies in the shape of a flattened cat. Use a large spatula to carefully transfer cookies to cookie sheet. Bake according to package directions. While they're cooling, count out enough cinnamon candies to put two eyes and a nose on each cat. Carefully flatten between the front and back of two spoons and set aside. Allow the cookies to cool on the cookie sheet for about 3 minutes and then press in eyes and nose. Transfer to wire rack to continue cooling. Dribble jam here and there on each cookie for blood. Makes approximately 3 dozen kitty road kill.

Sicko serving suggestion: Instead of making each cookie in a perfect cat shape, make a few that are missing a limb and/or tail. Why not even sever a head or two? Drip jam blood at stumps for an authentically dismembered look.

Gross Guess?!

2 c cooked spaghetti
2 c grapes
1 tbsp. vegetable oil
2 c jello
3 ice cream buckets (or any plastic containers) WITH covers

Put the spaghetti in 1 bucket/container. Cut a hand sized hole in the top of all of the bucket covers. Mix the grapes with 1 tbsp vegetable oil and put in a bucket. Put the 2 c jello in the 3rd bucket. Place all of the covers on. Have a friend feel each one of them and guess what they are! The spaghetti is supposed to be liver. The grapes are supposed to be muscles and the jello is supposed to be brains!

Hairball Salad with Saliva Dressing

1 lg Ripe avocado
2 c Alfalfa sprouts
5 lg To 6 carrots, washed peeled and grated
Italian dressing
--TOOLS--
Paring knife
Spoon
Mixing bowl
Fork
Carrot peeler
Grater
4 Salad bowls

With an adults help, cut avocado in half. Use a spoon to scoop out the pit. Scoop avocado out of the shell and put in the bowl. Add sprouts to the avocado meat. Mash with a fork. It is ok to leave some lumps. Set the mixture aside. Divide the grated carrots among the four salad bowls. Using your clean fingers and a spoon, make walnut size hairballs from the avocado mixture and arrange them on top of the grated carrots. Pour Italian "saliva" dressing over hairballs and serve. Serves 4 cat fanciers. Sicko serving suggestion: Squeeze ribbons of chocolate icing "hairball" medicine out of a paper cone onto the backs of your guests hands to be licked off for dessert.

Homemade Maggot Stew

2 tb Vegetable oil
1/4 c Flour
1/2 ts Salt
1/2 ts Pepper
1/4 ts Garlic powder
1 lb Stew beef cut in one inch Chunks
2 cn (14 1/2oz) plain stewed Tomatoes
1 cn (10 1/2oz) beef broth
1 ts Thyme
1 Bay leaf
3 md To 4 carrots
1 c Fresh or frozen green beans
3/4 c Orzo pasta
--TOOLS--
Sharp knife
lg Stew pot with lid
Ziploc bag
Long handled cooking spoon
Carrot peeler
lg Saucepan
Colander
Slotted spoon
8 Soup bowls
Soup ladle

Place oil in stew pot and with an adult's help, turn heat to medium low. Measure flour, salt, pepper and garlic powder into ziploc bag. Drop in stew beef, seal bag and shake until well coated. Pour contents of bag into the stew pot. Turn the heat up to medium. With an adult's help, use a long handled spoon to turn the meat every 3-4 minutes, letting the meat brown well on all sides. Cook until the meat begins to look crusty. Add the tomatoes, broth, thyme and bay leaf. Bring to a boil, then lower heat to low. With an adult's help, peel the carrots and cut them into small coins with a knife. When the stew has simmered for one hour, add the carrots and green beans to the pot. Cover and simmer another 45 minutes. With an adult's help, cook the orzo in a saucepan according to the package directions. when just tender, drain it through a colander into the sink, shaking out any excess water. These are your maggots. Add them to the stew pot, then turn off heat and carefully blend.

Nose Blow Burritos

2 md Tomatoes
1 lb Ground beef
1 pk Burrito or taco seasoning
1 cn (30oz) refried beans
8 Or 10 burrito size soft
Flour tortillas
2 ct (8oz) guacamole
1 ct (16oz) sour cream
--TOOLS--
Knife
Cutting board
3 Bowls
Frying pan
5 Spoons
Spatula
sm Saucepan

With an adult's help, dice the tomatoes into small pieces and place in a bowl. With an adult's help, place the ground beef in a frying pan, sprinkle with the burrito seasoning and saute on medium heat until it's well browned. Cover and set aside. With an adult's help, cook the beans in a saucepan on low heat, stirring occasionally. when the beans are hot, gently combine them with the ground beef in a clean bowl.

To build the burrito beaks: Set one tortilla on a dinner plate. Spoon an approximately one and one half inch wide strip of guacamole dip (rancid mucus) down the center of each tortilla. On top of that, spoon a strip of sour cream (fresh mucus). Tightly fold the left and right sides of the tortilla over your ingredients, then tuck the lower third of the whole burrito under itself, making a nose shape. With an adults' help, use a knife to cut out two large holes for nostrils. Gently squeeze the nose.

Sicko serving suggestion: Instead of napkins, set each guest's place with an individual size packet of facial tissues.

Penicillin Pizza

6 English muffins
1 Jar pizza sauce
2 c Shredded mozzarella cheese
3 tb Grated Parmesan cheese
Yellow, green and red food
Coloring
--TOOLS--
Cookie sheet
Spoon
Bowl
Plastic sandwich bag

Split muffins and place on an ungreased cookie sheet, making sure they don't touch. Spoon a thin layer of sauce on top then cover the sauce with a layer of shredded cheese. Set aside. Pour the Parmesan into a small bowl and add five drops each yellow, red and green food coloring until it's an even shade of mold green. (Use plastic bag to prevent your fingers from staining.) Set aside. With an adult's help, broil the pizzas until the cheese has melted and begun to brown. Remove from oven and let cool about 1 minute. Carefully sprinkle mold on top of hot pizzas. Allow pies to cool slightly before you slip on a lab coat and serve. Serves 6 peaked patients.

Puked Up Potatoes

1 md Carrot
4 md Potatoes
3 Celery stalks
1/2 c Frozen green beans
pn Salt
12 oz Jar chicken or turkey gravy
3 tb Butter
1/2 c Milk
--TOOLS--
Carrot peeler
Knife
Cutting board
sm Saucepan
lg Saucepan
Potato masher
2 Serving dishes

With an adult's help, carefully peel carrots and potatoes. Chop the carrots and celery into small pieces and the potatoes into 1"cubes. Place the carrots, celery and green beans in the small pan and the potatoes in the larger one. Cover both with water and add a pinch of salt to each. With an adult's help, set the pans over medium heat until they come to a boil. Turn the heat to medium low. Pour the gravy into the pan of carrot mixture. With an adult's help, cook over low heat until hot, stirring often. Add the butter and milk to the potatoes and mash until they are fairly lump free. Place a lump of mashed potatoes on a plate, then cover with a ladle of pukey gravy. Serves 6 hurlers.

Sicko serving suggestion: Almost any meal tastes better when you heave puke on it! To create a realistically splattered tableau, place a plate full of food in the sink. Then take a large spoonful of gravy and, with a flick of the wrist, fling it onto the food.

Ralph's Retch

3 oz Box strawberry jello
40 Ice cubes
2 cn (12 oz) strawberry soda
--TOOLS--
Mixing bowl
Shallow 9x12 pan
Butter knife
Blender
Spoon
Tall glasses
Iced tea spoons

Prepare jello according to package directions. Pour into shallow pan and chill until firm, about 3 hours. Using a dull knife, make as many cuts as possible across the length and width, forming tiny cubes. With an adult's help, grind ice cubes in a blender. Spoon alternating layers of crushed ice and gelatin pieces into tall glasses, filling them about 2" away from tops. Slowly pour soda into each glass until full, then stir gently. Serve retch with ice tea spoons, so your guests can get at every chilly glob.

Sicko serving suggestion: Almost any cooked food can look like puke if you grind it for a few seconds in a blender. And it makes for a tasty sandwich spread!)

Sewer Soda

1 qt Chocolate chocolate chip ice Cream
3/4 c Chocolate syrup
1 l Club soda
--TOOLS--
lg Spoon
4 Tall glasses
Straws
Iced tea spoons

Let ice cream sit at room temperature unti lit is easy to scoop.
Spoon ice cream into glasses until it is aboiut halfway full. Pour or squeeze about 3 tablespoons chocolate syrup into each glass. Slowly fill almost to the top with club soda and stir well with a spoon. Serve with a straw and tall spoon for excavating those luscious brown lumps. Serves 4 sewage slurpers.

Sicko serving suggestion: To make this slop especially disgusting, plop an unwrapped tootsie roll into each glass.

Snouts & Beans

2 cn (16oz) plain baked beans
1 ts Worcestershire sauce
1/4 c Brown sugar
2 tb Bbq sauce
1 tb Teriyaki sauce
8 Beef knockwursts
--TOOLS--
2 sm Saucepans
lg Spoon
Cutting board
Knife
Carrot peeler
Tongs or slotted spoon
Paper towels
Shallow serving dish

With an adult's help, empty the cans of beans into a saucepan and add worcestershire, brown sugar, bbq sauce and teriyaki sauce to the beans. Stir and set aside. With an adult's help, slice off the ends of the knockwurst. You do not need the ends for this recipe. Then slice the knockwurst into equal segments about 1" long, making each cut at the same slight angle. Place the snouts in a saucepan and cover them with water. With an adult's help, cook the snouts for about 5-10 minutes. Cook the beans on low heat, stirring often, until the sauce bubbles and thickens slightly. Carefully remove the snouts and place on paper towels to drain. Pour the beans into a serving dish and arrange snouts, nostril sides up, on top. Serves 4-6 little porkers.

Sicko serving suggestion: Dab pickle relish pig boogers in your knockwurst nostrils.

Spit-Wad Sandwiches

2 sl Bread
Creamy peanut butter
2 lg Marshmallows
--TOOLS--
Butter knife
Plate

Spread each slice of bread with peanut butter. Using clean fingers, pull apart marshmallows into many tiny spit-wad-sized pieces. Press the marshmallow wads onto the peanut butter. Put together, wad sides facing, and enjoy. Serves 1 who loves spit wads. Sicko serving suggestion: Make spit wad place cards for your next sit down affair! Write guests names on torn pieces of notebook paper with a pencil. Place a small amount of vegetable oil in a bowl and dip paper pieces into it until completely covered. Crumple papers into balls and stick on to paper.

Toasted Tongues

6 Egg whites
1 c Sugar
Red food coloring
Pink or red cake crystals
--TOOLS--
2 sm Bowls
lg Mixing bowl
Spoon
Mixer
Parchment paper
Cookie sheet
Popsickle sticks
Spatula
Toothpicks

With an adult's help, position an oven rack on the lowest shelf, and preheat oven to 200 degrees F. Separate the whites from the yolks of the eggs into two small bowls. Make sure there are no yolks in the bowl of whites. Rapidly beat the eggs until they form stiff peaks. Slowly stir spoonfuls of sugar into the whites and continue to beat until the entire cup of sugar has been added. the whites should now form stiff, shiny peaks. Add two to three drops of red food coloring. Place a sheet of parchment paper on a cookie sheet. To form tongues: Spoon about 3 tablespoons of meringue in the shape of a tongue onto the parchment paper. Tongues should be the length of the popsicle sticks. Press a popsicle stick gently into the center of the tongue, leaving about 2" of stick hanging out. Bake about 3 hours or until tongues are completely dry to the touch. Allow to cool completely before carefully lifting them off the paper. Makes about 12 little lickers.

Sicko serving suggestion: To serve coated tongues, use a toothpick to spread a thin layer of mucus (marshmallow topping) down the length of the lickers.

Tortured Tomatoes with Bird Dropping Dressing

2 lg Ripe tomatoes
2 tb Crumbled blue cheese
Roquefort dressing
--TOOLS--
Serrated knife
Ziploc bag
Plate
4 Salad bowls
Spoon

Wash the tomatoes in cold water and with an adults help, cut into half inch slices. Place slices in plastic bag. Squeeze out any extra air and close the bag tightly. Lay the bag on a clean plate placed in the sink. Now make a fist and gently pound the tomato slices until they look tortured. Divide the tortured tomatoes among the four bowls and sprinkle with a half tablespoon of crumbled cheese. Then, holding a spoon at least 12" from the salad bowl (to approximate the altitude of a low flying bird), dribble a glob of dressing onto each one.

Worm Burgers

1 1/2 c Mung bean sprouts
1 lb Ground beef
1 Egg
Salt and pepper to taste
Mayonnaise
Ketchup
6 Hamburger buns
--TOOLS--
Mixing bowl
lg Frying pan
Spatula
Aluminum foil
Platter

Wash sprout (worms) with warm water. Using clean hands, mix one cup of the sprouts, the ground beef and the raw egg together in a bowl. Reserve the remaining srpouts until later. Form burgers into six patties. Place in fry pan and srpinkle with salt and pepper. With an adult's help, cook on medium heat until they are well browned underneath. Carefully turn the patties. Season again and cook until the second side is well browned. Place on open buns and serve with the worms sprinkled on top as a garnish. Don't forget the pus and blood. Serves 6 worm slurpers.

Sicko serving suggestion: Use a clean hole puncher to punch holes in lettuce garnish.

Lunch Recipes:

Apple Pancakes

1 c Whole wheat flour
1 c White enriched flour
1/2 ts Salt
1 tb Brown sugar
1 3/4 c Milk
2 Eggs
2 Apples, diced

Mix together dry ingredients. Add liquid ingredients; mix well, Add diced apples. Mix together. Bake on a hot greased skillet.

Banana Hot Dog Sandwich

1 Hot dog bun
1/2 Banana
2 tb Peanut butter;

Toast hot dog bun. Spread peanut butter on hot dog bun. Add banana.

Basic Pancakes

3 c Flour
1 ts Salt
1 1/2 tb Baking powder
2 Eggs
2 c Milk
2 tb Oil

Mix dry ingredients then add eggs and milk and then gradually add oil. You can add blueberries or cooked rice or 2 teaspoons of cinnamon and 2 tablespoons of sugar.

Bologna and Cheesewitch

1 lb Bologna
3/4 lb Swiss Cheese
1 tb India Relish
4 tb Chopped Onion
1/4 c Prepared Mustard
1/3 c Mayonnaise
6 Whole Hot dog Rolls
6 tb Butter

Using a meat grinder or food processor, grind together the Bologna and Swiss cheese. Mix into mixture India relish, chopped onion, mustard and mayonnaise. butter inside of each hot dog roll, and stuff the mixture equally into all 6 rolls. Wrap each roll separately in foil and refrigerate for at least 1 hour before baking. May also be frozen for later use. Bake foil wrapped rolls at 325 degrees F. for 25 mins. or until insides are all melted. Defrost before baking.

Brunch Pizza

1/2 lb Boiled Ham, sliced
8 oz Part Skim Mozzarella Cheese, grated
2 Eggs
1/4 c Low-fat Milk
pn Dried Oregano
Pizza Crust, prepared or homemade

Pat the pizza dough out on a 13- by 9-inch pan, baking, sheet or a round pizza pan. Cut the ham into strips and put them on the dough. Sprinkle on the cheese. Combine the eggs and milk in a bowl and beat to blend. Pour the eggs over the dough and sprinkle on the oregano. Bake in a 375-degree oven for 20 to 30 minutes.

Caramel French Toast

1 c Brown sugar
1/2 c Butter
2 tb Corn syrup
12 Sl Sandwich bread
6 Egg; beaten
1 1/2 c Milk
1 ts Vanilla
1/4 ts Salt

Combine sugar, butter, and corn syrup in a small saucepan; cook over medium heat until thickened, stirring constantly. Pour syrup mixture into a 13x9x2-in baking dish. Place 6 slices of bread on top of syrup mixture. Top with remaining 6 slices of bread. Combine eggs, milk, vanilla, and salt, stirring until blended. Pour egg mixture evenly over bread slices. Cover and chill 8 hours. Bake, uncovered, at 350 degrees F. for 40 to 45 minutes or until lightly browned. Serve immediately. Yield: 6 servings.

Cheese and Fruitwich

1/2 c Cream cheese, room temp.
1/8 c Peanuts, unsalted, chopped
1/2 Apple, cored, sliced, peeled
2 Drops lemon juice
2 Date-nut bread slices

Combine the cream cheese and nuts in a bowl. Sprinkle the apple slices with the lemon juice to keep them from turning brown. Take a slice of bread, spread with cheese and nut mixture and cover with apple slices. Use another slice of bread to top the sandwich and wrap well.

Chilaquiles

1 Doz corn tortillas, several days old
1 c Onions, chopped
2 Cloves garlic, pressed or 1/4 tsp garlic powder
2 ts Chili powder
1 ts Cumin powder
1 1/2 c Lowfat cottage cheese
1 1/2 c Crushed tomatoes
6 oz Grated jack or Cheddar cheese
Salt to taste
1 tb Oil

Cut tortillas into wedges or tear into strips. Saute onions in oil for 5 min. (A non-stick or cast iron skillet that's ovenproof is ideal for this.) Add tortilla pieces, chili powder, garlic, cumin and salt. Toss until the tortilla pieces are wilted. Puree cottage cheese and tomatoes in blender until smooth. Stir gently into tortilla pieces. Sprinkle with grated cheese. Bake at 350 degrees F for about 20 min.

Cream Cheese Sandwich

2 tb Cream cheese
1 ts To 3 ts any of the following
Walnuts chopped
Pecans
Almonds
Or any other nut
Carrot grated
Cucumber diced
Green &/or red pepper diced
Celery diced
Orange diced
Apple diced
Pear diced
Raisins
Dates chopped
Clams minced
2 sl Bread (any kind)

In a small bowl, mix the cream cheese with a fork until it's creamy. Your might want add a few drops of milk to help process along. Then mix in the additional ingredients. Smooth this paste onto two slices of bread and fit then together. A cream cheese sandwich holds together nicely, so you might want to cut the sandwich into interesting shapes.

Crispy Corn Dogs

10 Frankfurters
1 c Flour
1 1/2 ts Baking powder
1/2 ts Salt
2 tb Yellow cornmeal
3 tb Shortening
1 Egg, beaten
3/4 c Milk
oil or shortening for frying

In medium bowl, mix flour, cornmeal, sugar, baking powder and salt. With pastry blender or fork, cut in 2 T shortening until mixture resembles fine crumbs. In small bowl, combine egg and milk. Add to dry mixture; mix well. Pat frankfurters dry with paper towels. Dip franks into batter with tongs, being careful to coat all sides. Let excess batter drip off. Drop 1 or 2 at a time into hot oil in mini-fryer. Fry until golden, about 1 minute on each side. Insert wooden skewer in end of each. Serve hot, with mustard, if desired.

Crunchy French Toast

1 Egg
1/3 c Milk
2 ts Sugar
1/4 ts Cinnamon
1/2 c Flaked coconut
1/3 c Crushed corn flakes
3 tb Butter
4 Slices of white bread

Blend egg, milk, sugar and cinnamon. Mix coconut and cornflakes. Heat butter in a skillet over medium heat. Dip bread in egg mixture, then in corn flakes mixture. Brown in skillet until light golden on both sides, turning once. Serve with maple syrup.

Curried Tuna Sandwich

7 oz Water packed tuna;
1/2 c Mayonnaise; (low-cal 4 me)
1 ts Lemon juice;
1/4 ts Curry powder
1/4 ts Prepared horseradish;
12 sl White bread* cut in circles
Softened Butter OR MARGARINE

Drain and flake tuna. Combine all ingredients, except bread and butter. Spread each bread around with butter and tuna mixture. Tops may be decorated with spring of parsley, bit of pimineto or olive slice. Makes 12 opened faced sandwiches.

English Muffin Pizza

6 English muffins; split
6 oz Tomato paste or pizza sauce
Oregano
Garlic powder
Basil (optional)
Topping:
Soy cheese substitute
Mushrooms
Onions
Green peppers
Olives
Place English muffin halves on an ungreased baking sheet and spread each half with tomato paste. Sprinkle with oregano, basil and garlic powder. Arrange toppings; sprinkle with cheese substitute. Freeze two hours, or until firm. Wrap individually. Return to freezer. To heat, bake unwrapped at 450 F for 12 minutes.

Fruit Sandwich

3 tb Sm-curd cottage cheese;
2 tb Apple, or pear, or apricot chopped
2 tb Slivered almonds;
2 tb Pineapple crushed in natural juice
2 sl Bread (any kind)

In a small bowl, mix all ingredients (except the bread) together. You may need to add a little more cottage cheese to bind the ingredients. Spread the mixture on the bread. This sandwich is especially good when served on some quick beards such as banana bread, zucchini bread or any other quick breads.

Green Spaghetti

1/2 pound spaghetti
3 packed cups basil leaves
1 medium-small clove garlic
1/4 cup Parmesan cheese
1/4 cup olive oil
6 shakes salt
3 shakes pepper
a little extra olive oil
a little extra cheese

The grown-up begins cooking the spaghetti. Take all the basil leaves off the stems. Discard the stems, and put the leaves into the food processor. Smash and peel the garlic. Add it to the basil, and blend. Add the cheese, oil, salt and pepper and blend again until it forms a thick paste (called pesto). Transfer the pesto to a bowlful of hot spaghetti and mix well with a fork. Optional: You can add extra oil and cheese.

Mock chopped liver

1 1/2 T Oil 1 1/2 c Chopped onions 1 c Toasted cashews 1 c String beans, steamed, cut into 1" lengths 1 T Lemon juice Salt & pepper

Heat oil in a small skillet. saute onion slowly over mod low heat. Stir frequently until nicely browned. Combine onion with remaining ingredients in a food processor. Process until smooth. Store in glass jar until needed. Bring to room temp before serving.

Peanut Butter and Jelly French Toast

12 sl Bread
3/4 c Peanut butter
6 tb Jelly -=OR=- Jam
3 Eggs
3/4 c Milk
1/4 ts Salt
2 tb Butter -=OR=- Margarine

Spread peanut butter on six slices of bread; spread jelly on other six slices of bread. Put one slice of each together to form sandwiches. In mixing bowl, lightly beat eggs; add milk and salt and mix together. Melt butter in a large skillet over medium heat. Dip sandwiches in egg mixture, coating well. Place in skillet and brown both sides. Serve immediately

Peanut Butter Noodles

8 oz Pasta, linguine (1 package)
3 ts Peanut butter
1/2 ts Salt
2 tb Soy sauce
1 tb Sesame oil
1 ts Sugar
1/2 ts Vinegar, white wine
2 Garlic cloves, minced
1 ts Onion, grated or minced

Cook linguine according to package instructions in boiling water; drain. In large bowl, mix all the remaining ingredients together. Add linguine to sauce and toss to coat well. Refrigerate. good to pack for kid's lunches

Pease Porridge Hot

4 sl Bacon
3/4 c Onions; Chopped
22 1/2 oz Condensed Green Pea Soup; 2 Cans
4 c ;Water
1 1/3 c Minute Rice
3/4 ts Salt

Cook the bacon in a large saucepan until crisp. Remove the bacon and drain on absorbent paper towels, patting to remove all the grease, and crumble. Reserve 2 tb of the drippings and discard the remaining grease. Cook and stir the onions, in the reserved drippings, until tender and lightly browned. Add the soup and gradually mix in the water, blending well. bring to a full boil. Add the rice, salt and bacon, stirring to blend, cover, and remove from the heat. Let stand for 5 minutes before serving.

Pizza on Rye

8 oz Tomato sauce
1/4 ts Basil
1/8 ts Oregano
5 Or 6 slices of rye toast
8 oz Sliced mozzarella cheese
Parmesan cheese

Mix the tomato sauce, basil and oregano and spread on 5 or 6 slices of rye toast. Divide the 8 ounces of sliced mozzarella among the pizzas. Sprinkle with Parmesan cheese and broil until bubbly. For variety, I top my pizza with onions, pepperoni, and sometimes canned shrimp.

Sailboats and Canoes

1 Egg; hard cooked
1 T Mayonaise
1 t Parmesan; grated
1 Celery stalk
2 T Cheese spread
1 Cheese slice

Cut hard cooked egg in half lengthwise. Remove yolk and mix with mayonaise and parmesan. Fill egg cavity with yolk mixture. Cut ends off celery stalk, cut in half crosswise and hill halves with cheese spread. Cut cheese slices into four triangles. Stick cheese triangles vertically into egg mixture and cheese spread to form sails.

Top Dog

8 Weiners
4 sl American Cheese, cut into 6 strips each
1 cn Pillsbury Refrigerated Crescent Dinner Rolls (8oz)

Slit weiners to within 1/2" of ends; insert 3 strips cheese in each slit. Separate dough into 8 triangles; wrap dough over weiner, keeping cheese up. Place on ungreased cookie sheet, cheese side up. Bake at 375 degrees F. for 12-15 minutes or until golden brown.

Snack Recipes:

Popcorn Cake

4 Qt. popped corn
1/2 lb Gum drops
1/2 lb Peanuts
1 lb Marshmallows
1/2 c Melted margarine
1/2 c Corn oil

Melt marshmallows, margarine, and corn oil. Pour over popcorn, nuts and gum drips. Mix together and pat in a bundt cake pan or angel food cake pan. Cool.

Mixed Fruit and Toffee Corn

8 c Popped popcorn (about 1/3 to 1/2 cup unpopped) 1 c Butter or margarine 1 c Sugar 3 tb Water 1 tb Light corn syrup 1/2 c Broken pecans 1/2 ts Vanilla 6 oz Pkg. mixed dried fruit bits (1 1/2 cups)

Remove all unpopped kernels from popped corn. Place popcorn in a buttered 17x12x2-inch baking pan. Keep popcorn warm in a 300 degree oven while making syrup mixture. Butter the sides of a heavy 2-quart saucepan. In the saucepan combine the butter or margarine, sugar, water, and corn syrup. Bring mixture to boiling over medium heat. Cook for 8 to 10 minutes, stirring constantly with a wooden spoon to dissolve the sugar. Avoid splashing mixture on sides of pan. Carefully clip candy thermometer to side of pan. Cook and stir mixture over medium heat till thermometer registers 255 degrees, hard-ball stage (10 to 15 minutes). The mixture should boil at a moderate, steady rate over the entire surface. Remove saucepan from heat; remove candy thermometer. Quickly add pecans and vanilla; stir till combined. Pour mixture over the popcorn, toss gently to coat. Bake, uncovered, in a 300 degree oven for 15 minutes. Remove popcorn from oven; stir in fruit bits. Bake, uncovered, for 5 minutes more. Turn popcorn mixture onto a large piece of foil. Cool mixture completely. Serve immediately or store, tightly covered, in a cool, dry place.

Makes about 22 (1/2 cup) servings.

Microwave Carmelcorn

2 Bags microwave popcorn
2 c Brown sugar
1 Stick butter
1/3 c Kero white syrup

Pop 2 bags of microwave corn. Put popped kernels in brown paper bag (make sure you take out all unpopped kernels) Boil the following ingredients for FIVE MINUTES on stove, 2 cups brown sugar, 1 stick of margarine, 1/3 cups of kero syrup (white). - stirring constantly Carefully pour mixture onto pop corn and mix. Place in microwave oven for 1 minutes and then mix again. Tear open bag and let cool.

Peanut Butter Chocolate Rice Krispie Treats

2 c Sugar
2 c Corn syrup
18 oz Peanut butter
8 c Rice Krispies
6 oz Butterscotch morsels
6 oz Semi-sweet chocolate chips

Bring sugar and syrup to a boil. Add peanut butter and cook, stirring until well blended. Remove from heat and pour hot mixture over cereal. Mix quickly and thoroughly. Spread in a greased 9x12x2 inch pan. Sprinkle butterscotch and chocolate morsels over top. Press morsels into bar mixture lightly with spoon. When cool, cut into bars and store at room temperature.

Kids Trail Mix

4 c Chex cereal
1/2 c Dried fruit bits
1/2 c Raisins
1/2 c Yogurt covered peanuts
1/2 c Reeces Pieces

Put into a large ziploc bag and shake to mix.

Kids Snackin' Corn

9 c Corn, popped
1 tb Butter or margarine
1/3 c Peanut butter

Pop the corn. This recipe is calculated on corn popped in an air type popper without added fat for fewer calories. Over low heat melt the butter or margarine with peanut butter until runny. Drizzle over the popcorn and mix well. Spread in shallow baking pans and bake in a 375 degree oven for 10 minutes, stirring 2 or 3 times. The corn will crisp and topping will set.

Classic Spinach Spread

1 pk (10.5 oz) Kraft Spreadery Cheese snack with Classic Ranch Flavor
1 pk (10 oz) Chopped spinach thaw
6 sl Bacon, crisply cooked, crumbled
1/3 c Chopped water chestnuts

Mix all ingredients. Refrigerate. Serve with vegetable dippers or crackers. Makes 2 1/4 cups.

Kid's Krunchy Krazy Korn

8 c Puffed popcorn curls; from 8 oz. pkg.
1 c Brown sugar
1/2 c Butter
1/4 c Light corn syrup
1/2 t Baking soda
1 t Vanilla

Heat oven to 250 degrees F. Place popcorn curls in 15x10x1" baking pan. In large saucepan, combine brown sugar, margarine and corn syrup; bring to a boil over medium heat, stirring constantly. Simmer 2 mins.; remove from heat. Stir in baking soda and vanilla. Pour mixture evenly over popcorn curls; mix well. Bake at 250 degrees F. for 30 mins., stirring twice during baking. Immediately remove from pan; cool completely on waxed paper or greased foil. Store in tightly covered container. Makes 8 cups.

Kabibbles

1 pk Garlic and Onion Croutons
1/2 c Melted Butter
2 tb Sesame Seeds
2 ts Celery Salt
1 ts Sweet Paprika
Pour croutons into large bowl. Combine remaining ingredients and toss with croutons. Place onto cookie sheet and toast in 275 degree F oven for 20 minutes, stirring every 5 minutes. Allow to cool.

Hobo Popcorn

1 18 in square HD foil
4 ts Cooking oil
4 tb Popcorn
Melted butter
Salt

For four servings; cut 18 inch square of heavy duty foil into four squares. In the center of each square, place one teaspoon oil and one tablespoon popcorn. Bring the four corners of foil to the center, making pouch like hobo knapsack. Seal edges well. With string, tie coners of each pouch to long handled barbeque tool or green stick. Place pouch directly on hot coals and shake often until corn is popped. Carefully open pouch and season popcorn with melted butter and salt.

Puppy Chow

1/2 c Peanut butter
1/2 c Butter or margarine
6 oz Chocolate chips
10 c Corn Chex cereal
2 c Powdered sugar

Melt peanut butter, butter or margarine, and chocolate chips in a saucepan over medium heat. Pour over Corn Chex, being sure that all cereal is coated. Put 2 cups powdered sugar in a large paper bag. Put cereal in bag and shake gently until all cereal is coated. Pour out on wax paper to cool.

Pineapple Cheese Squares

4 sl Bread
Margarine
4 sl Cheese, your choicce
4 Pineapple rings

Spread margarine on bread. Add cheese, then put pineapple ring on top. Bake in 350 degree F oven til cheese melts. Serve.

Armchair Quarterback Crunch

3 qt Popped popcorn
2 c Mini pretzels
1/3 c Rasted pepitas or hulled
Pumpkin seeds (optional)
1/4 c Regular or light margarine
2 tb Grated Parmesan cheese
1 ts Mexican seasoning

Place popped popcorn, pretzels and pepitas in large bowl. Melt margarine in small pan. Add Parmesan and Mexican seasoning. Drizzle over pop corn and toss lightly. Makes about 3 1/2 quarts.

Clingons

4 1/2 c Mini marshmallows
1/3 c Peanut butter
1/4 c Margarine
3 1/2 c Rice chex
3 1/2 c Corn chex
1/2 c M & M's

Grease a 9 x 13 pan. In a microwave safe bowl, microwave marshmallows, peanut butter and margarine for two minutes or until melted. Stir until smooth. Add Cereal and M & M's, stirring to coat all pieces. Spread mixture in prepared pan and press down slightly with the back of a buttered spoon. Refrigerate for one hour. Pull pieces from pan or cut into squares. Makes about 7 cups of mix.

Chex & Chocolate Party Mix

9 c Chex cereal; any type
2 c Coconut; optional
1 c Peanuts
1 c Brown sugar
1/2 c Butter
1/2 c Corn syrup
1 ts Vanilla
1/2 ts Baking soda
2 c Chocolate chips
1 1/2 c Raisins

Preheat oven to 250 degrees F.. Combine cereal, coconut and peanuts in roasting pan. In small saucepan over medium, heat brown sugar, butter and corn syrup to boiling, stirring. Without stirring, boil 5 minutes. Stir in vanilla and baking soda. Pour over cereal mixture, stir until evenly coated. Bake 1 hour, stirring every 15 minutes. Cool, stirring frequently. Stir in chocolate chips and raisins. Store in airtight container.

Cheerio Bars

1/2 c Peanut butter
1/2 c Sugar
1/2 c Honey
3 c Cheerios
Salted peanuts

Bring sugar and honey to a boil in 2 qt saucepan. Remove from heat,stir in peanut butter until blended. Pour in cheerios and mix until well coated. Spread in buttered 9 x 13 pan and let cool. cut in squares.

Bugs on a Log

Celery stalks
Peanut butter
Chocolate chips

Take a stalk of celery and fill center with peanut butter. Place pieces of chocolate chips on top of "log."

Variations: cream cheese or Cheez Whiz, raisins

Chocolate Peanut Butter Dip

3 oz Pkg cream cheese, softened
1/3 c Creamy peanut butter
1 ds Ground cinnamon
1/4 c Chocolate syrup
2 tb Milk
Assorted cut-up fruit
Assorted cookies
Pretzels

In large bowl with electric mixer on medium, beat cream cheese, peanut butter, and cinnamon until smooth. Gradually beat in chocolate syrup and milk until well blended. Serve with fruit, cookies, or pretzels.

Cheese and Carrot Corps

1/4 c Whipped Cream Cheese
1/4 c Peanut Butter
2 tb Carrot; Shredded

Blend the cream cheese and peanut butter together and mix well. Add the shredded carrot, mixing well. Serve on toasted raisin bread or toasted bagels.

Monster Munch

3 c Puffed rice cereal
1 c Dried apricots; chopped
1 c Raisins
1 c Dry-roasted unsalted peanuts
1/3 c Margarine
1 lb Marshmallows; large
1/2 c Peanut butter

In a large bowl, combine cereal, apricots, raisins and peanuts. In microwave safe 13x9 inch baking dish, melt margarine and marshmallows on high 2 minutes. Stir. Add peanut butter. Cook on high 2 minutes longer. Stir until blended. Add cereal mixture to dish. Toss until well coated. Working quickly, with greased hands, form into balls, using about 1/2 cup mixture per ball. If mixture begins to cool and harden, cook on high 30 seconds or until softened.

Roasted Soybeans

Soybeans
Celery stalks and leaves
Chopped onions
Salt

Soak beans overnight. Place in a kettle with celery stalks and leaves, chopped onions, and salt. Cover over low heat and cook 3-4 hours. Drain well. Spread on a cookie sheet with 1-2T oil. Roast in 200 degree oven 4-8 hours until nutlike in flavor and texture. You can use warm broiler of a gas stove while other baking is being done.

Marshmallow Sandwich

Round Crackers
cream cheese
food coloring
mini marshmallows

Add a couple of drops of food coloring to cream cheese, mix till blended. Spread the cream cheese mix onto the round cracker. Put several mini marshmallows on top. Spread cream cheese mix on a second cracker, and turn over to place on top to form a sandwich.

Pizza Rice Cakes

4 Rice cakes
1/3 c Pizza sauce
1/4 c Sliced ripe olives
1/4 c Diced green pepper
1/4 c Sliced mushrooms
1/3 c Shredded mozzarella cheese

Place rice cakes on baking sheet. Spread pizza sauce evenly on rice cake; top with remaining ingredients. Bake at 400 degrees 10 minutes. Serve immediately.

Pizza Pinwheels

1 tb Olive oil
1 lb Frozen bread dough; thawed
2 c Marinara sauce
1 md Onion; peeled and thinly sliced
3 md Bell peppers; cored and thinly sliced (green, red, yellow)
1 lb Part-skim milk mozzarella cheese; shredded
1/2 c Parmesan cheese; shredded

Preheat oven to 400 degrees F. Lightly coat a baking sheet with olive oil. Divide the dough into 4 balls. On a lightly floured surface, roll each dough ball into a 6-inch circle. Spoon 1/2 cup of marinara sauce into each circle and spread it to the edges. Heat olive oil in a saute pan over medium high heat. Cook the onion and pepper sliced until soft, about 5 minutes. Set aside to cool. Layer the cooled vegetables over the dough circles and top with mozarella and Parmesan. Roll each dough circle into a log shape. Using a serated knife, cut each log into 6 slices. Place the slices on the prepared baking sheet and brush them with olive oil. Bake for 12 to 15 minutes.

Peanut Pitas

1 pk Small pita bread (8 pack)
16 tb Peanut butter
16 tb Strawberry spreadable fruit
1 lg Banana, thinly sliced into 48 slices

Spread inside of each pita half with one teaspoon each peanut butter and spreadable fruit. Fill pita halves evenly with banana slices, serve immediately.

Other variations:
Substitute Honey for spreadable fruit.
Substitute any flavor jelly for spreadable fruit and thin apple slices for banana slices.
Substitute mayo for spreadable fruit and celery slices for banana slices.

Ants in the Sand

2 Graham crackers
Chocolate sprinkles

Place graham crackers in a plastic sandwich bag and crush with a rolling pin. Add a few chocolate sprinkles to make ants, then seal the bag. Give them to the kids to take outside and eat or let them pour it into a small bowl and eat at the table--using their fingers, of course. Variations: Add raisins (call them beetles), red hots (ladybugs) or mini chocolate chips (spider eggs).

Oyster Cracker Snacks

1 pk Oyster crackers
1/2 c Oil
1 pk Ranch style dressing mix
1/2 ts Dillweed
1/2 ts Garlic powder
1/2 ts Lemon pepper seasoning

Place oyster crackers in a large deep pan. Warm the oil and sprinkle over crackers. Toss well. Mix dry ingredients and sprinkle over crackers, stir to coat. Bake at 250 degrees for one hour, stirring once or twice. Store in airtight container.

Toadstools

1 Saltine cracker
1 Small piece of Hershey bar
1 ts Peanut butter
1/2 Large marshmallow

Spread peanut butter on saltine cracker. Top with Hershey bar piece and marshmellow. Microwave 20 seconds. Grown ups will love these as much as the kids do. They are addicting!!

Spicy Nuts

1 Egg white
1 ts Cold water
1 cn Pecans
1/2 c Sugar
1/4 ts Salt
1/2 ts Cinnamon

Beat egg white. Add water. Beat until frothy, fold in pecans. Combine sugar salt and cinnamon. Add to pecans. Mix. Butter 9x13 pan. Pour nuts in pan. Bake at 250 degrees F for 1 hour. Servings: 12

Cannoli for Kids!

15 oz Part-skim ricotta cheese
2/3 c Confectioners' sugar
1/2 ts Grated orange peel
1/2 ts Vanilla extract
2 tb Minature chocolate chips
10 Sugar ice-cream cones

In a large bowl with electric mixer at low, beat ricotta cheese, sugar, orange peel, and vanilla just until smooth. Stir in chocolate chips. Cover and refrigerate 30 minutes. To serve, spoon mixture directly into ice-cream cones or into decorating bag without tip and then pipe into cones.

Eggsquisite Easter Baskets

4 Shredded wheat biscuits crumbled
3/4 c Peanut Butter
3/4 c Butterscotch chips

Mix peanut butter and chips over low heat or place in microwave until melted. Add shredded wheat. Cool slightly, then mold into baskets Wonderfully yucky! Try shaping over back of bowl. Place baskets in 'fridge to set. Fill nests with Easter eggs and/or candy. Little nests filled with jellybeans are delightful.

Homemade Cracker Jacks

4 c Popped corn
1 c Peanuts
1/2 c Molasses
1/4 c Sugar
A candy thermometer is handy to have for this recipe to test the temperature of the syrup that binds the popcorn and nuts together. Mix popcorn and peanuts together in a large bowl or pan. Cook molasses and sugar together until the mixture reaches a temperature of 235 degrees on a candy thermometer. If you don't have a thermometer, test the syrup by letting some drop from a spoon into a cup of cold water. The syrup is done when it forms a thread as it drops into the water. Pour hot syrup mixture over the popcorn nut mixture and stir to coat evenly. Cool and break into chunks with a wooden spoon. Stored in an airtight container, mixture will keep well for 4 to 6 weeks.

Kandy Fun Kakes

4 T Butter; unsalted
4 c Marshmallows; miniature
2 t Vanilla
4 c Rice Krispies
3/4 c Butterscotch Fudge Topping
12 oz Milk chocolate; coarsely chopped

Lightly butter an 8" square baking pan. In a large saucepan, melt the butter over low heat. Add the marshmallow and stir until blended. Remove from the heat and stir in the vanilla. Stir in the cereal and mix with wooden spoon until blended. Scrape into prepared pan. With lightly buttered hands press on mixture to level. Place in freezer for 10 minutes. In a small saucepan, warm the topping to lukewarm. Remove from the heat and set aside to cool slightly. Pour the warm topping over the cereal layer, spreading evenly. Place in the freezer for 10 minutes. Melt chocolate in microwave. Set aside to cool slightly. Spread the chocolate on top of the caramel mixture. Chill to set chocolate.

Peanut Butter Snack

5 c Kix cereal
1/4 c Peanut butter
2 tb Margarine
1 c Small pretzel twists
1 c Raisins
1 c Honey roasted peanuts

Heat oven to 350. Pour cereal into large bowl. Heat peanut butter and margarine to boiling in 1 qt saucepan, stirring occasionally. Pour over cereal; toss until evenly coated. Spread in ungreased 13 x 9 pan. Bake 10 to 12 minutes, stirring occasionally; remove from oven. Stir in pretzels, raisins and peanuts. Spread on waxed paper; cool 2 hours. Store in airtight container.

Kids Popcorn Balls

1/2 c Molasses
1/2 c Corn syrup
1 1/2 Cubes butter (3/4 cup)
Salt
8 c Popped popcorn (measure after popping)

Cook 1/2 cup molasses with corn syrup until thermometer reaches hard crack stage, about 270 degrees. Stir in butter and salt. Have the popcorn in a bowl. Slowly stir in the mixture with a wooden spoon. Coat all the popcorn. IMPORTANT! Butter your hands lightly and shape the popcorn into balls. Make them the size you want. Set them on wax paper and let them harden. Wrap the ones you don't eat with wax paper.

Peanut Butter Nanaimo Bars

---BASE----
3 oz Chocolate, semisweet; 3 sq
1/2 c Butter
2 tb Sugar
1 ts Vanilla
1 Egg
2 c Graham wafer crumbs
1 c Coconut
1/2 c Nuts; chopped
---FILLING---
2 tb Custard powder; Bird's is the most common brand
1/4 c Milk
2 tb Butter; softened
1/2 c Peanut butter, smooth
2 c Sugar,icing; or confectioner sifted
---ICING---
5 oz Chocolate, semisweet chopped
1 tb Butter

BASE: Melt chocolate and butter in microwave on high power 2 minutes. Mix in sugar, vanilla and egg. Add crumbs, coconut and nuts. Press into 9 inch square pan. Chill.

FILLING: Using electric mixer, beat together all ingredients. Spread over base; chill.

ICING: Melt chocolate with butter in saucepan on Medium power 3 to 4 minutes. spread over filling.

Popcorn Cake

16 oz Marshmallows
1/2 c Margarine
1/4 c Oil
16 c Popped popcorn
12 oz Salted peanuts
1/2 c Candy coated mini choc chips
Balloons & drinking straws

In large saucepan over medium heat, combine marshmallows, butter and oil; stir constantly until marshmallows are melted. Place popcorn and peanuts in a very large bowl; stir in marshmallow mixture. Add chocolate chips; lightly stir into popcorn mixture. Press popcorn mixture into a greased 10" tube pan; pack firmly. Place in fridge 30 minutes or until set. Unmold onto serving pan. To decorate cake pipe icing onto cake for balloon strings. Blow up balloons and tie onto ends of straws; place in opening of cake. Fill opening with gum balls.

Popcorn Snacks

3 c Popped Corn

For a TV snack, or something to take to the show or the ball game that stays fresh and crisp, try seasoned popcorn. Pop corn without fat using directions on popper and season to taste with any of the following: Butter Flavored Salt, Taco Seasoning, Garlic Salt, Onion Salt, Parmesan Cheese, Dried Herbs Hickory, Flavored Salt (Great outdoors) Seasoned Salt

* To share with your feathered friends:
String left-over popcorn and hang outside for a healthy treat for the birds. It's fun to watch them eat! In the bleak * winter months the birds would love a bit of bacon fat rubbed on the left-over corn.

Peanut Butter Candy

2 c Peanut butter; crunchy
2 c Icing sugar; sifted or confectioner's sugar
2 Egg
36 Chocolate 'Rosebud' candies* up to 40 -can use Hershey kisses

* Rosebuds are a Canadian candy; Hershey kisses can be substituted.
Cream peanut butter with icing sugar. Beat in eggs. Form batter into 1 inch balls. Place on cookie sheets that are buttered are lined with parchment paper. Flatten balls so that they are about 2 inches in diameter. Place a chocolate rosebud or kiss in the center of each. Bake in a preheated 375 oven for 10 to 12 minutes or until cookies are firm enough to handle when one is removed from the oven and place on the cooling rack.

MAKES: 30-40 candies

Caramel Corn

2 c Light brown sugar 1/2 c Light corn syrup 1/2 lb Butter 1/4 t Cream of tartar 1 t Salt 1 t Baking soda 6 qt OR popcorn (2 batches)

In 2 1/2 qt saucepan combine brown sugar, corn syrup, butter, cream of tartar, and salt. Bring to a boil, stirring, over med high heat. Stirring constantly, boil rapidly to hard ball stage, 260F (about 5 mins). Remove from heat. Stir in baking soda quickly but thoroughly, pour at once over popcorn in a lg roasting or baking pan. Stir gently until all kernels are coated. Bake 200F for 1 hr, stirring 2-3 times during baking. Turn out at once on wax paper, spread apart and allow to cool completely. Break apart, store in a tightly covered container.

Butter Mints

1/4 c Margarine softened
2 ts Evaporated milk(unsweetened)
1 ts Butter flavoring
1 c Powder sugar replacement

Cream together the margarine, milk and butter flavoring until fluffy. Stir in the sugar replacement. Knead until smooth. Roll out into marble size balls and either press into mold and unmold onto wax paper,or place balls on wax paper and flatten slightly.

Recipe makes 45 pieces 3 pieces per serving

Diabetic Kid's Snackin' Corn

9 c Corn, popped
1 tb Butter or margarine
1/3 c Peanut butter
Pop the corn. This recipe is calculated on corn popped in an air type popper without added fat for fewer calories. Over low heat melt the butter or margarine with peanut butter until runny. Drizzle over the popcorn and mix well. Spread in shallow baking pans and bake in a 375 degree oven for 10 minutes, stirring 2 or 3 times. The corn will crisp and topping will set.

After-School Mix

9 c Chex cereal (Wheat -- Rice And Corn)
1 c Semi-sweet chocolate pieces (chocolate chips)
1/2 c Peanut butter
1/4 c (1/2 stick) margarine or butter
1/4 ts Vanilla
1 1/2 c Powdered sugar

Place cereal in large bowl; set aside. In a 1-quart microwave-safe bowl, combine chocolate pieces, peanut butter and margarine. Microwave on high 1 to 1 1/2 minutes or until smooth, stirring after 1 minute. Stir in vanilla. Pour over cereal, stirring until all pieces are evenly coated. Place cereal mixture and sugar in a large resealable plastic bag. Shake until all pieces are well coated. Spread on waxed paper to cool. Store in a resealable plastic bag or other airtight container.

Five-Spice Walnuts

3 tb Butter or margarine
1 ts Five-spice powder
1/2 ts Salt
3 c Broken walnuts

In a medium saucepan melt butter or margarine. Stir in five-spice powder and salt. Add broken walnuts, stirring till nuts are evenly coated. Transfer nut mixture to a 13x9x2-inch baking pan. Bake in a 300F oven for 20 minutes, stirring once or twice. Cool in pan for 15 minutes. Turn out onto paper towels to finish cooling. Store tightly covered.

Makes 3 cups.

Crunchy Noodle Jumble

3 oz (1 cn) chow mein noodles;
1/2 ts Chili powder;
1/4 ts Garlic salt;
1/4 ts Dry mustard;
2 tb Reduced-calorie margarine, melted
1 tb Reduce sodium soy sauce;

Combine all ingredients in a 13" X 9" X 2" baking pan, tossing lightly to coat. Bake at 350 degrees for 15 to 20 minutes, stirring once during baking time. Remove from oven, and serve hot.

Chunky Date, Coconut and Almond Granola

2 c Old-fashioned oats
3/4 c Whole almonds; halved
1/2 c Sweetened flaked coconut
1/2 c Raw cashews
1/3 c Firmly packed brown sugar
1 1/2 ts Ground allspice
1 ts Ground cinnamon
1/4 c Unsalted butter
2 tb Honey
1 c Packed pitted dates each cut crosswise into thirds

Preheat oven to 300 F. Mix first 7 ingredients in large bowl. Melt butter with honey in heavy small saucepan over low heat. Pour over granola mixture and toss well. Spread out mixture on cookie sheet. Bake 20 minutes, stirring occasionally. Add dates; mix to separate any clumps. Continue to bake until granola is golden brown, stirring frequently, about 15 minutes longer. Cool. (Can be made 2 weeks ahead. Store airtight at room temperature.)

Makes about 6 cups.

Chocolate Snack Blocks

3 Envelopes Unflavored Gelatin
3/4 c Cold Water
1 c Boiling Water
1/3 c Granulated Sugar
2 c (12 Ounces) Semi-Sweet Chocolate Mini Chips

In a blender, sprinkle the gelatin over the cold water and let stand for 5 minutes. Add the boiling water and sugar, cover and blend on low speed until the gelatin is completely dissolved, about 2 minutes. Continue to blend, gradually adding small amounts of the chocolate chips until the chips are melted and the mixture is smooth. Pour into an 8- or 9-inch square pan. Refrigerate until firm and cut into 1-inch squares or shapes with cookie cutters.

Chex Muddy Buddies

9 c Chex cereal; your favorites
1 c Semi-sweet chocolate pieces
1/2 c Peanut butter
1/4 c Margarine
1 ts Vanilla
1 1/2 c Powdered sugar

Mix cereals in large bowl - set aside. Combine chocolate, margarine and peanut butter and microwave on high for 1 to 2 minutes until melted. Stir in vanilla. Pour chocolate mixture over cereal, stirring to coat evenly. Pour coated cereal into large resealable bag and add powdered sugar. Shake until evenly coated. Spread on waxed paper to cool.

Makes 9 cups.

Carmeled Peanuts

1 lb Peanuts
1 Egg white
1 ts Cold water
1 c Brown sugar
1/4 ts Salt

Beat egg white and water until frothy - not stiff. Add peanuts, stir until they are well coated. Combine sugar and salt then pour this over the nuts & eggwhite mixture. Bake at 225 on a greased, tinfoil lined cookie sheet. Stir every 15 minutes for 1 hour.

Carmel Corn Pops

1 Box (10.9 oz) Corn Pops
1 c Pecan halves
1/2 c Butter
1 c Sugar
1/2 c Light corn syrup
1 ts Vanilla
1 ts Baking soda

Preheat oven to 250 degrees. Combine cereal and nuts in a greased, large, shallow baking pan. In a saucepan, bring butter, sugar and corn syrup to a boil and cook for 5 min. Remove from heat: add vanilla and soda. Pour caramel mixture over cereal and nuts; stir well. Bake for 1 hour, stirring every 15 min. Pour onto waxed paper and break apart; allow to cool. Store in airtight container.

Makes 10 cups.

Caramel-Nut Corn

12 c Popped popcorn
3 c Walnut or pecan halves OR- unblanched whole - almonds
1 c Packed brown sugar
1/2 c Margarine or butter
1/4 c Light corn syrup
1/2 ts Salt
1/2 ts Baking soda

Divide popcorn and nuts between 2 ungreased rectangular pans, 13x9x2 inches. Cook brown sugar, margarine, corn syrup and salt over medium heat, stirring occasionally, until bubbly around edges. Continue cooking 5 minutes; remove from heat. Stir in baking soda until foamy. Pour over popcorn and nuts, stirring until corn is well coated. Bake uncovered in 200 degree F oven, stirring every 15 minutes, 1 hour.

Gelatin Rainbow

6 1/4 c Boiling water
2 Jello(red); 4 serving size
2 Jello(Orange); 4 serving
2 Jello(Lemon); 4 serving
2 Jello(Lime); 4 serving
2 Jello(Berry Blue); 4 serving
8 oz Cool whip

Stir 1 1/4 cups boiling water into each flavor of gelatin in separate bowls until completely dissolved (2 minutes). Pour each flavor into separate 8 or 9" square pans. Refrigerate 3 hours or until firm. Cut each pan into 1" cubes. Arrange rows of different color gelatin cubes to form a rainbow on a large flat tray or cookie sheet. Double stack cubes, if desired. Place 1/2 of the cool whip at each end of the rainbow to form clouds for dipping. Serve immediately or refrigerate until ready to serve.