

RECIPE OF THE YEAR – 2017

10 Years and Under – Class 1700 – Corn Flakes Chews *

Ingredients:

• liquid honey	¼ cup	60 ml
• corn syrup	2/3 cup	150 ml
• evaporated milk	¼ cup	60 ml
• vanilla flavoring	1 tsp.	5 ml
• corn flake cereal	4 cups	1 L
• flaked coconut	½ cup	125 ml

Directions:

1. Combine honey, corn syrup and evaporated milk in a saucepan.
2. Heat on medium, stirring constantly.
3. When the mixture starts to boil, reduce the heat to medium-low.
4. Simmer for 8 minutes. Do not stir.
5. Remove pan to a hot pad.

6. Add the vanilla, cereal and coconut. Mix well.
7. Cool for 10 minutes.
8. Drop by rounded tablespoonfuls onto waxed paper.
9. Grease your fingers. Shape.
10. Chill for 30 minutes. If you like them sticky, do not chill.
11. Makes about 24 chews.
12. Place **three** on a small white plate to enter, and share the rest with your family.

* Recipe complements of Jean Paré from *kids cook! Company's Coming* series

***The recipe in this class
is to be prepared by children 8 years and under,
but adult supervision is recommended.***