

"I CAN MAKE IT WITH CHEX®!"

brand CEREAL

12 FUN AND EASY RECIPES
THAT KIDS AND PARENTS
CAN MAKE TOGETHER!



THIS COOKBOOK BELONGS TO THE GREAT CHEF

(Your Name)

Your recipes can remain in this booklet and be stored on the shelf with your other cookbooks. *OR*, you can tear out each recipe page, fold it in half and store each in your recipe card file. Talk to your mom and dad, and determine which works best for you.

If you have any questions or comments regarding the recipes in this book, or Chex Cereal recipe suggestions for future books, please write to:

Checkerboard Kitchens
Chex Recipe Book
Ralston Purina Company
Checkerboard Square
St. Louis, Missouri 63164



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HELPFUL HINTS FOR COOKS OF ALL AGES

1. Read the entire recipe before you start cooking. Then gather everything you need, including all the ingredients, cooking utensils, accessories and any needed decorations.
2. Kids, if you don't understand something in the recipe, ask for help. Make sure you know exactly what to do before you start cooking.
3. Dress properly for cooking. Wearing an apron helps keep your clothes clean. And another important tip: don't forget to wash your hands!
4. Let the adults supervise cooking and baking in the oven and microwave. Make sure these appliances are in good working order before you start.
5. Be extra careful at all times. Always use potholders when removing something hot from the oven or microwave. Always get your parents' permission.
6. Try to clean up the kitchen as you work, and your final cleaning job will be easy. Always keep a damp cloth and paper towels on hand.

GOBBLE-GOBBLE MEAT PIE

The tasty turkey meat pie that has everyone gobble-gobbling!

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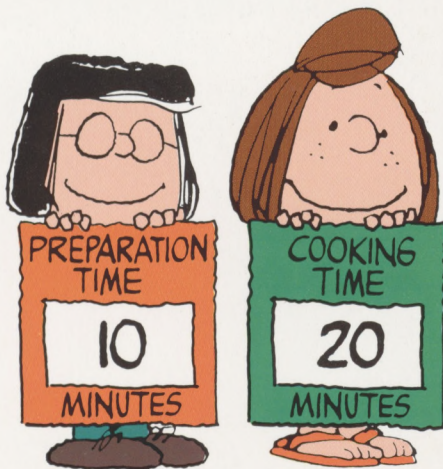
Cut along dotted line; fold to 3" x 5" and save!

INGREDIENTS:

- 1 cup catsup, divided
- 1 egg, beaten
- 1 tablespoon prepared mustard
- 1 teaspoon onion powder
- 3 cups Corn Chex® brand cereal, crushed to 1 cup
- 1 pound ground turkey
- ½ cup of your favorite grated cheese
- 3 cups of your favorite vegetables

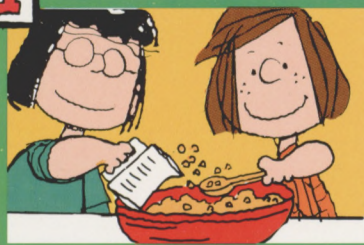
THINGS YOU'LL NEED:

- Measuring cups/spoons
- Mixing spoons
- Large bowl
- Microwave-safe 10-inch pie plate
- Microwave oven



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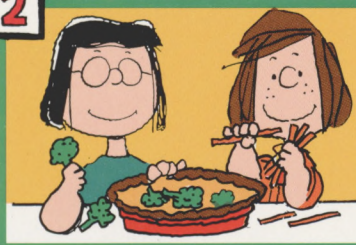
1



PARENTS: Measure out ingredients (see list on previous page). Set aside $\frac{1}{2}$ cup catsup.

KIDS: In large bowl, combine remaining catsup, egg, mustard, onion powder, cereal and turkey. Mix well.

2



PARENTS AND KIDS: In a microwave-safe 10-inch pie plate, press turkey mixture onto bottom and sides to form a crust.

KIDS: Evenly spoon reserved catsup and cheese on top of turkey mixture. Arrange vegetables on top of cheese.

PARENTS: Note: If using broccoli and/or cauliflower, make sure vegetables are secure by pushing the stems into the meat pie.

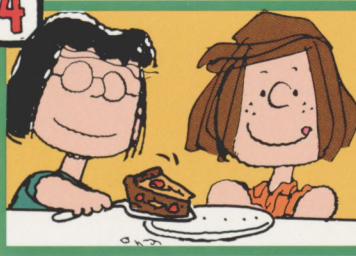
3



PARENTS: Microwave on HIGH 18-20 minutes or until center of meat pie is solid.* (Note: Rotate half way through cooking process.) Let stand 3-5 minutes.

KIDS: Begin cleaning up while the meat pie is cooking.

4



PARENTS AND KIDS: Slice meat pie and serve.

Makes 8 servings.

CHECKERBOARD PIZZA

How many irresistible cheesy squares will you snarf down?!

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INGREDIENTS:

- 2½ cups Wheat Chex[®] brand cereal, crushed to 1¼ cups
- 1½ lb. lean ground beef
- 1 egg, beaten
- 1 jar (14 oz.) prepared pizza sauce, divided
- ½ cup grated Parmesan cheese
- 1½ teaspoons Italian seasoning
- 3 slices of cheddar cheese, cut into 2-inch squares
- 3 slices of Mozzarella cheese, cut into 2-inch squares
- 1 cup of your favorite pizza toppings

THINGS YOU'LL NEED:

- Measuring cups/spoons
- Mixing spoons
- Medium bowl
- 15½ x 10½ x 1 inch baking pan
- Conventional oven



1



PARENTS: Preheat oven to 375°F. Measure out ingredients (see list on previous page).

KIDS: In medium bowl, combine cereal, meat, egg, $\frac{1}{2}$ cup sauce, Parmesan cheese and seasoning. Use your hands to mix the ingredients together!

2



KIDS: Press mixture into ungreased $15\frac{1}{2} \times 10\frac{1}{2} \times 1$ inch baking pan to form a "crust."

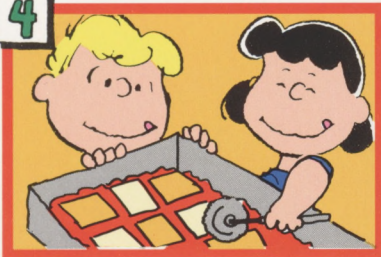
PARENTS: Bake 10 minutes. Remove from oven.

3



KIDS: Top crust with remaining sauce. When decorating the pizza, alternate the two kinds of cheese to make a checkerboard design. Decorate some more by adding your favorite toppings (optional).

4



PARENTS: Bake pizza an additional 10-15 minutes or until cheese is melted. Remove from oven. Let stand 2 minutes.

PARENTS AND KIDS: Cut pizza along cheese lines. Serve warm.

Makes 40 pieces.

MOUNT ST. CHICKENS

Serve these tasty chicken volcanoes and applause will erupt!

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INGREDIENTS:

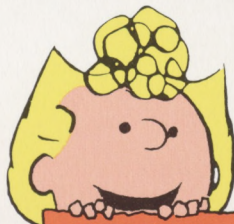
- 6 cups of your favorite Chex® brand cereal (Corn, Rice and/or Wheat), divided
- 1 can (5 oz.) ready-to-eat chicken
- 1½ cups frozen mixed vegetables
- 2 cans (10¾ oz. each) cream of chicken soup, divided
- 1 teaspoon paprika

THINGS YOU'LL NEED:

- Measuring cups/spoons
- Mixing spoons
- Medium bowl
- 9-inch microwave-safe pie plate
- Microwave oven
- Large resealable plastic bag



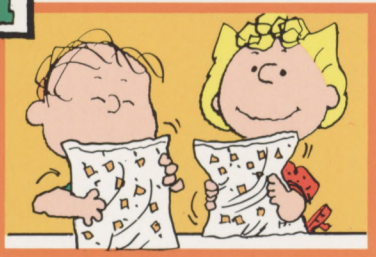
PREPARATION
TIME
10
MINUTES



COOKING
TIME
10
MINUTES



1



PARENTS: Measure out ingredients (see list on previous page). Set aside $\frac{1}{2}$ cup cereal.

KIDS: Crush $5\frac{1}{2}$ cups cereal to 3 cups in resealable plastic bag. In medium size bowl, combine $1\frac{1}{2}$ cups crushed cereal, chicken, mixed vegetables and 1 can soup. Mix well.

2



PARENTS: Divide chicken mixture into 6 equal portions. Reserve $\frac{1}{4}$ cup of crushed cereal.

KIDS: Shape each portion into a "volcano" and roll each in the remaining crushed cereal to coat. Place your volcanoes in a 9-inch microwave-safe pie plate. Insert your finger into the middle of each volcano to form a well.

3



PARENTS: Spoon remaining can of soup into wells, and on top and sides of volcanoes.

KIDS: Sprinkle reserved $\frac{1}{4}$ cup crushed cereal on top of soup. Arrange $\frac{1}{2}$ cup uncrushed cereal pieces around the base and sides to look like volcanic "rocks." Sprinkle paprika on top to add a little "fire!"

4



PARENTS: Microwave on HIGH 10 minutes.* (NOTE: Rotate half way through cooking process.)

KIDS: Place each volcano on a separate plate to serve, and surprise your family at dinner!

Makes 6 servings.

S. S. FRANKFURTER

Set sail, sailors, for a fantastic frankfurter feast!

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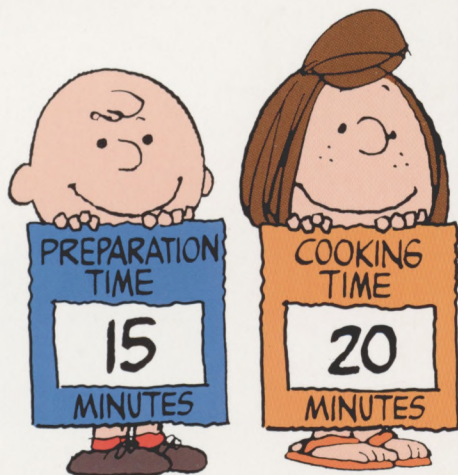


INGREDIENTS:

- 1 cup flour
- 3 cups Corn Chex® brand cereal, crushed to 1½ cups, divided
- 1 tablespoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon onion powder
- 1 cup sour cream
- 8 frankfurters
- 4 slices of your favorite cheese, optional
- ½ cup sliced pickles or olives, optional

THINGS YOU'LL NEED:

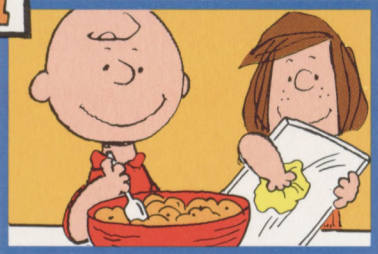
- Measuring cups/spoons
- Mixing spoons
- Large baking sheet
- Medium bowl
- Toothpicks
- Basting brush
- Conventional oven



Cut along dotted line; fold to 3" x 5" and save!



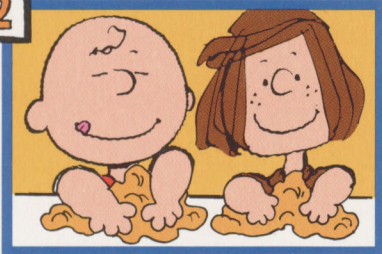
1



PARENTS: Preheat oven to 375°F. Measure out ingredients (see list on previous page).

KIDS: Grease large baking sheet. In medium bowl mix flour, ½ cup cereal, baking powder, baking soda and onion powder. Make a well in center of dry ingredients.

2

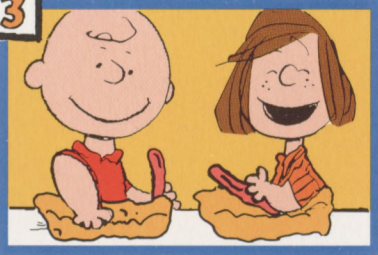


PARENTS: Put sour cream in well of dry ingredients; stir until dough forms a ball.

KIDS: On floured surface, knead dough gently 10 to 12 times.

PARENTS AND KIDS: Divide dough into 8 pieces.

3

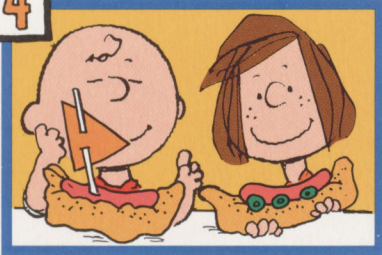


KIDS: Shape each piece of dough to form a boat; place 1 frankfurter into each boat. Insert toothpicks through each end of boat to secure boat onto frankfurter.

PARENTS: Brush boat with water.

KIDS: Roll boats into remaining cereal until completely coated. Place on baking sheet.

4



PARENTS: Bake 18 to 20 minutes or until golden brown. Let stand 3 minutes.

KIDS: Make sails, life rafts, anchors, etc. by inserting toothpicks into cheese pieces and pickles and decorating frankfurters if desired. (But be sure to remove all toothpicks before you begin eating!)

DUNK-IT CONES

You can't stop dunking when ice cream's this much fun!

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INGREDIENTS:

- 6 cups of your favorite Chex® brand cereals (Corn, Rice and/or Wheat)
- 6 tablespoons margarine OR butter
- $\frac{1}{4}$ cup sugar
- $\frac{1}{4}$ cup packed brown sugar
- 1 teaspoon ground cinnamon
- 1 quart of your favorite ice cream
- Ice cream cones

THINGS YOU'LL NEED:

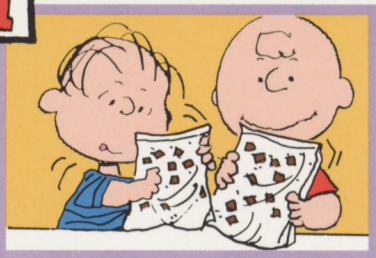
- Measuring cups/spoons
- Mixing spoons
- Large resealable plastic bag
- Large microwave-safe bowl
- Absorbent paper (like paper towels)
- Ice cream scoop
- Small serving bowls
- Microwave oven



Cut along dotted line; fold to 3" x 5" and save!



1



PARENTS: Measure out ingredients (see list on previous page).

KIDS: Place cereal in large resealable plastic bag and seal. Squeeze bag with hands to crush cereal into various-sized crumbs.

2

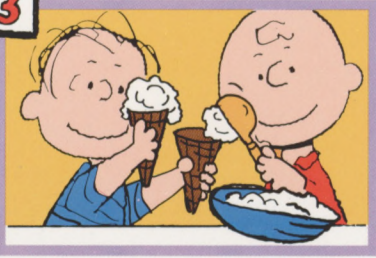


PARENTS: In large microwave-safe bowl, melt margarine on HIGH 30-45 seconds.* Add sugars and cinnamon to melted margarine; mix well.

KIDS: Add cereal to margarine mixture and stir to mix thoroughly.

PARENTS: Microwave on HIGH 4 to 5 minutes. STOP to stir every minute.* Cool on absorbent paper.

3



KIDS: Scoop ice cream into cones. Give each person eating a Dunk-It cone a small bowl holding $\frac{1}{2}$ cup of the cereal mixture. Roll your ice cream in the cereal mixture until ice cream is covered.

4



PARENTS AND KIDS: Go ahead and take a bite of your cone, and dunk it again! Repeat eating and dunking until all of your ice cream is gone!

Makes 6 cups. Store any leftover cereal mixture in an airtight container.

Variation: For Goober Dunk-It Cones, add 6 tablespoons peanut butter to margarine before melting. Follow the procedure above.

MONKEY MUSH

You'll go ape over banana pudding that even crunches!

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INGREDIENTS:

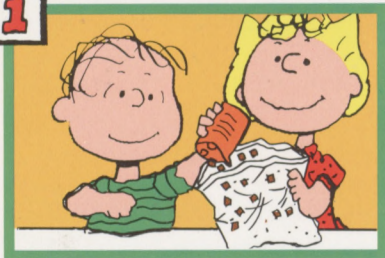
- 2 tablespoons margarine OR butter
- $\frac{1}{4}$ cup brown sugar
- $\frac{1}{2}$ teaspoon vanilla extract
- $3\frac{1}{2}$ cups Rice Chex[®] brand cereal, divided
- 2 bananas, sliced
- 1 package (3.4 oz.) instant banana cream pudding & pie filling mix
- 2 cups milk
- $\frac{1}{2}$ cup chocolate syrup, optional
- 4 cherries, optional

THINGS YOU'LL NEED:

- Measuring cups/spoons
- Mixing spoons
- Large & small microwave-safe bowls
- Large resealable plastic bag
- Medium bowl (for making pudding)
- 4 custard dishes
- Microwave oven
- Absorbent paper (like paper towels)



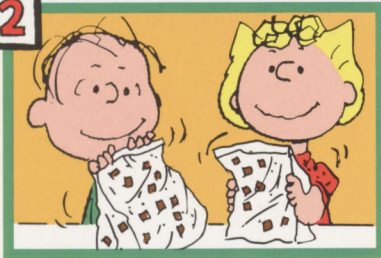
1



PARENTS: Measure ingredients (see list on previous page). Melt margarine in small microwave-safe bowl on HIGH 30 to 45 seconds.* Add brown sugar and vanilla to melted margarine; mix well.

KIDS: Pour cereal into large resealable plastic bag.

2

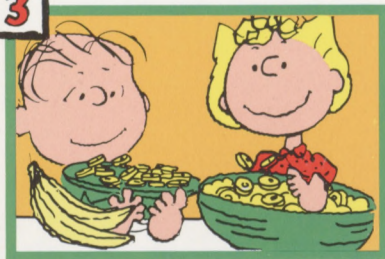


PARENTS: Pour margarine mixture over cereal inside resealable plastic bag. Seal top of bag.

KIDS: Shake it up until pieces are coated. (Note: It's okay if some of the margarine mixture sticks to the inside of the plastic bag.)

PARENTS: Pour contents of bag into large microwave-safe bowl. Microwave on HIGH 2 to 2½ minutes. STOP to stir every minute.* Spread on absorbent paper to cool.

3

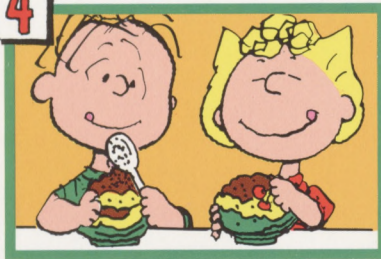


PARENTS: Set aside ½ cup cereal mixture.

PARENTS AND KIDS: Prepare pudding mix with 2 cups milk as directed on package. Add bananas to pudding.

KIDS: In four 4½ x 2-inch custard dishes, alternate layers of cereal mixture, pudding and chocolate syrup (if desired) until dishes are filled.

4



KIDS: Crush reserved cereal mixture and sprinkle on top of banana mixture. Top each with a cherry, if desired.

PARENTS AND KIDS: Serve to family and friends. We'll bet you a banana there won't be any leftovers! Enjoy!

Makes 4 servings.

KOOKY COOKIE CUT-UPS

The ABCs of how to make cookies...in any kooky shape you choose!

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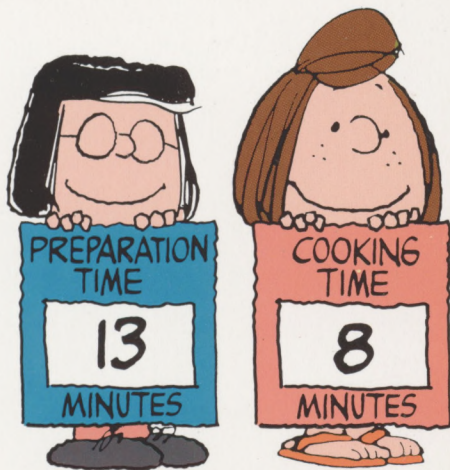


INGREDIENTS:

- 3 cups Rice Chex[®] brand cereal, crushed to 1½ cups
- 2½ cups all-purpose flour
- 1 teaspoon baking powder
- 1 cup margarine OR butter, softened
- ½ cup packed brown sugar
- 1 pkg. (3 oz.) of your favorite flavored gelatin, dry
- 1 egg, beaten
- 1 teaspoon vanilla extract
- 1 cup of your favorite sprinkles or candy topping, optional

THINGS YOU'LL NEED:

- Measuring cups/spoons
- Mixing spoons
- Large cookie sheet
- Large & medium bowls
- Rolling pin
- Cookie cutters
- Conventional oven

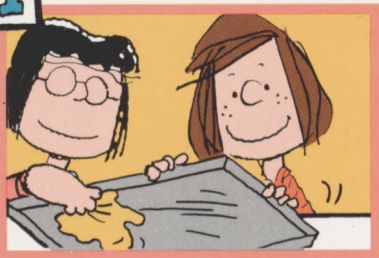


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Cut along dotted line; fold to 3" x 5" and save!



1



PARENTS: Preheat oven to 400°F. Measure out ingredients (see list on previous page).

KIDS: Grease large cookie sheet. In medium bowl, combine cereal, flour and baking powder; mix well and set aside.

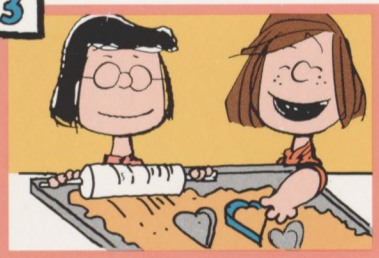
2



PARENTS: In large bowl, combine margarine, brown sugar and gelatin; mix well. Add egg and vanilla, mix well.

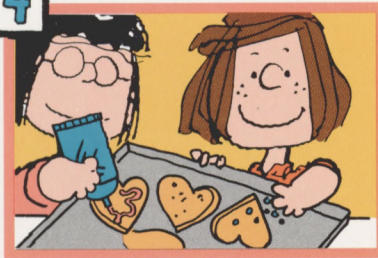
PARENTS AND KIDS: Gradually add cereal mixture to margarine mixture; mix well.

3



PARENTS AND KIDS: On floured surface with floured rolling pin, roll out dough to $\frac{1}{8}$ " to $\frac{1}{4}$ " thickness. Use your favorite medium-sized cookie cutters to cut dough.

4



KIDS: Using your favorite cookie decorations, decorate cookies and place them onto cookie sheet.

PARENTS: Bake 8 minutes or until golden brown around the edge of the cookie. Let cool completely before removing from cookie sheet.

Makes 2 dozen.

JELLY HEADS

Only knuckleheads would miss out on this surprising cupcake treat!

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INGREDIENTS:

MUFFIN:

- 1 cup all-purpose flour
- $\frac{1}{2}$ cup packed brown sugar
- 1 tablespoon baking soda
- 2 cups Wheat Chex® brand cereal, crushed to 1 cup
- $\frac{1}{2}$ cup mixed nuts, chopped
- 1 egg, beaten
- 3 tablespoons vegetable oil
- 1 can (8 oz.) crushed pineapple in unsweetened juice, undrained
- 1 banana, mashed
- $\frac{1}{4}$ cup of your favorite jelly or preserves

TOPPING:

- 1 package (8 oz.) cream cheese, softened
- $\frac{1}{3}$ cup powdered sugar
- $\frac{1}{2}$ teaspoon vanilla extract
- 2 cups of your favorite candy and/or fresh or dried fruit, optional

THINGS YOU'LL NEED:

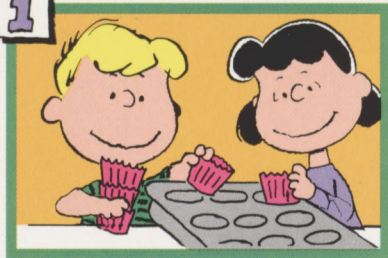
- Measuring cups/spoons
- Mixing spoons
- Microwave-safe muffin pan
- Large & medium bowls
- Microwave oven



Cut along dotted line; fold to 3" x 5" and save!



1



PARENTS: Measure out ingredients (see list on previous page).

KIDS: Grease or paper line 14 (2½-inch) microwave-safe muffin cups.

2

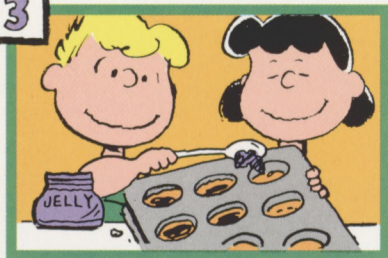


KIDS: In large bowl mix flour, brown sugar, baking soda, cereal and nuts.

PARENTS: In medium bowl mix egg, oil, pineapple with juice and banana. Add all at once to dry ingredients.

KIDS: Stir just until moistened.

3



KIDS: Spoon 1 teaspoon of batter into each muffin cup. Spoon 1 dab of jelly on top of batter. Fill muffin cups ¾ full with remaining batter.

PARENTS: Microwave on HIGH 4 to 4½ minutes.* (NOTE: Rotate after 3 minutes.)

4



PARENTS AND KIDS: In medium bowl, combine cream cheese, powdered sugar and vanilla; mix well. Frost each Jelly Head. Then decorate with your favorite candy and/or fresh or dried fruit to create fun faces, if desired.

Makes 14.

CHEX[®] AFTER-SCHOOL MIX

Chocolate & peanut butter give it an A+ grade!

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INGREDIENTS:

- 9 cups of your favorite Chex[®] brand cereals (Corn, Rice and/or Wheat)
- 1 cup semi-sweet chocolate pieces
- ½ cup peanut butter
- ¼ cup (½ stick) margarine OR butter
- ¼ teaspoon vanilla extract
- 1½ cups powdered sugar

THINGS YOU'LL NEED:

- Measuring cups/spoons
- Mixing spoons
- Spatula
- 1-qt. microwave-safe bowl
- Large bowl
- Large resealable plastic bag
- Waxed paper
- Microwave oven



1



PARENTS: Measure out ingredients (see list on previous page).

KIDS: Pour cereal into large bowl and set aside.

2



KIDS: Combine chocolate pieces, peanut butter and margarine in 1-quart microwave-safe bowl.

PARENTS: Microwave on HIGH 1 to 1½ minutes or until smooth, stirring after 1 minute.* Stir in vanilla.

3



PARENTS: Pour chocolate mixture over cereal, stirring until all pieces are evenly coated. Then pour cereal mixture into plastic bag with powdered sugar. Seal securely.

KIDS: Shake until all pieces are well-coated.

4



KIDS: Spread on waxed paper to cool.

PARENTS AND KIDS: Share it with your family and friends. If you happen to have leftovers, store in a resealable plastic bag or airtight container.

Makes 9 cups.

CLINGONS

Pull-apart planetary marshmallow treats! They're solar-system-super!

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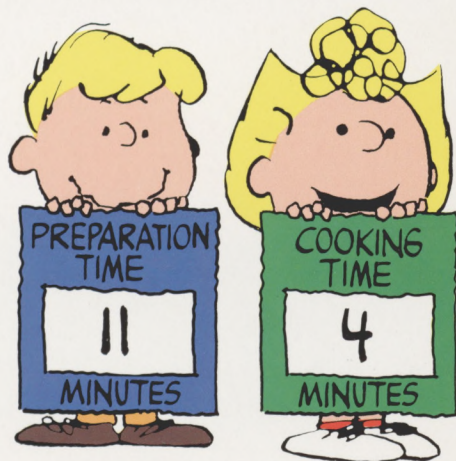
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INGREDIENTS:

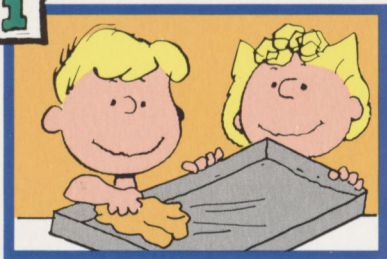
- 4½ cups miniature marshmallows, divided
- ½ cup peanut butter
- ¼ cup margarine OR butter
- 3½ cups Rice Chex® brand cereal
- ½ cup candy coated chocolate pieces
- 3½ cups Corn Chex® brand cereal

THINGS YOU'LL NEED:

- Measuring cups/spoons
- Mixing spoons
- 13 x 9 x 2-inch baking pan
- Large microwave-safe bowl
- Microwave oven



1

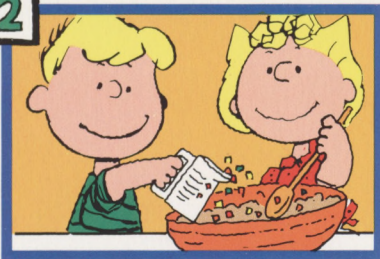


PARENTS: Measure out ingredients (see list on previous page).

KIDS: Grease 13 x 9 x 2-inch baking pan.

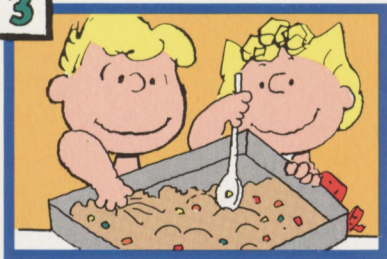
PARENTS: In large microwave-safe bowl, microwave 4 cups marshmallows, peanut butter and margarine on HIGH 2 minutes or until melted; stir until smooth.*

2



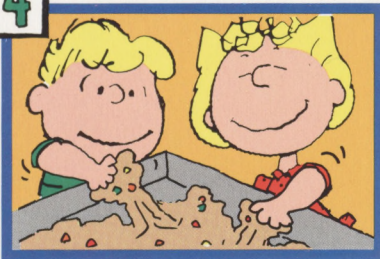
KIDS: In the following order, add remaining $\frac{1}{2}$ cup marshmallows, Rice Chex®, chocolate pieces and Corn Chex® to melted marshmallows; stir to coat all pieces evenly.

3



KIDS: Spread cereal mixture evenly into prepared pan with back of buttered spoon (or buttered hands). Refrigerate 1 hour.

4



PARENTS AND KIDS: Pull apart.
NOTE: It's okay if some pieces are larger than others—since no two pieces are alike, they look like Clingons! Refrigerate leftovers.

Makes 7 cups.

CREEPY CRAWLERS

What's more fun — making them or eating them?!

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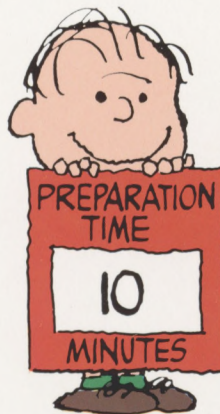


INGREDIENTS:

- 3 tablespoons margarine OR butter
- 2 cups Rice Chex® brand cereal, crushed to $\frac{3}{4}$ cup
- $\frac{1}{2}$ cup grated Parmesan cheese
- 1 can (8 oz.) refrigerated biscuits
- 2 tablespoons milk
- 1 cup stick pretzels
- $\frac{1}{2}$ cup cheese spread, optional

THINGS YOU'LL NEED:

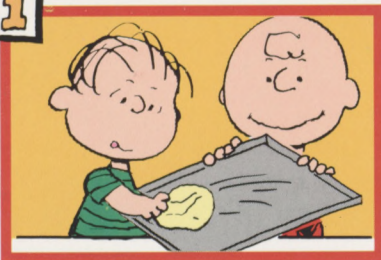
- Measuring cups/spoons
- Large baking sheet
- Medium microwave-safe bowl
- Small bowls (for milk and coating)
- Safety scissors
- Microwave oven
- Conventional oven



Cut along dotted line: fold to 3" x 5" and save!



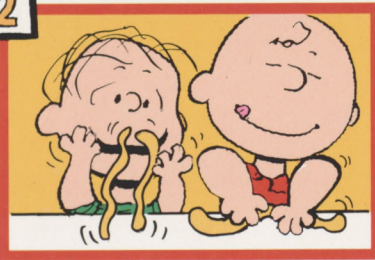
1



PARENTS: Preheat oven to 400°F. Measure out ingredients (see list on previous page).

KIDS: Grease large baking sheet.

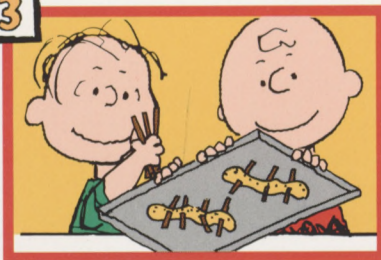
2



PARENTS: Melt margarine in medium microwave-safe bowl on HIGH 30 to 45 seconds. * Stir cereal and parmesan cheese into melted margarine.

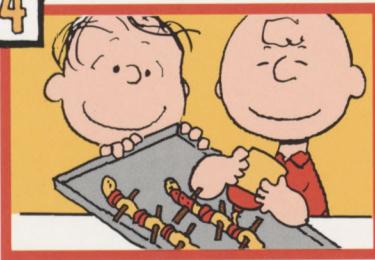
KIDS: Cut biscuits in half (with safety scissors). Roll or shape each piece of biscuit to make your very own Creepy Crawler—it can be any shape you want!

3



KIDS: Dip each Creepy Crawler into milk. Coat each Creepy Crawler with the cereal mixture. Insert pretzels to give your creatures "legs" or "antennae," then place onto prepared baking sheet.

4



PARENTS: Bake 5 to 8 minutes or until golden brown.

KIDS: If you want to do some more decorating, use cheese spread to make squiggly designs on your Creepy Crawler. Serve them while they're warm! Makes 20.

Variation: For Spicy Creepy Crawlers, add ½ teaspoon of chili powder to cereal, cheese and melted margarine. Then follow procedure above.

SHAKE-IT-UP CHEX® PARTY MIX

Make it up! Shake it up! Bake it up! Eat it up!

"I CAN
MAKE IT
WITH
CHEX!"
brand CEREAL



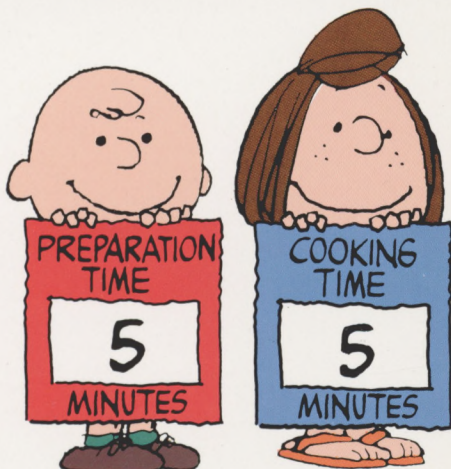
Cut along dotted line: fold to 3" x 5" and save!

INGREDIENTS:

- 2 tablespoons ($\frac{1}{4}$ stick) margarine OR butter
- $\frac{3}{4}$ teaspoon seasoned salt
- 2 $\frac{1}{4}$ teaspoons Worcestershire sauce
- 4 cups of your favorite Chex® brand cereals (Corn, Rice and/or Wheat)
- $\frac{1}{2}$ cup mixed nuts
- $\frac{1}{2}$ cup pretzels

THINGS YOU'LL NEED:

- Measuring cups/spoons
- Mixing spoons
- Large & small microwave-safe bowls
- Large resealable plastic bag
- Absorbent paper (like paper towels)
- Microwave oven



1



PARENTS: Measure out ingredients (see list on previous page). Melt margarine in small microwave-safe bowl. Add seasoned salt and Worcestershire sauce to melted margarine; mix well.

KIDS: Pour cereals, nuts and pretzels into large resealable plastic bag.

2

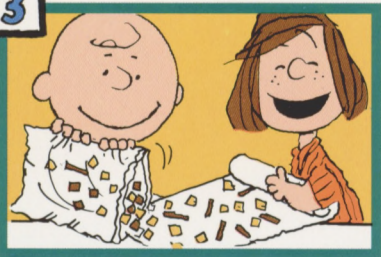


PARENTS: Pour margarine mixture over cereal mixture inside plastic bag. Seal top of bag securely.

KIDS: Shake bag until pieces are coated.

NOTE: It's okay if some seasonings stick to the inside of the plastic bag.

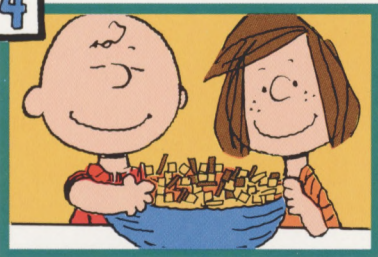
3



PARENTS: Pour contents of bag into large microwave-safe bowl. Microwave on HIGH 3 to 3½ minutes. STOP to stir every minute.*

KIDS: Spread on absorbent paper to cool.

4



PARENTS AND KIDS: Enjoy the irresistible Chex Party Mix you made together. Share it with your friends, too. Store leftovers in airtight container.

Makes 4 cups.

MAIL-IN CERTIFICATE EXPIRATION DATE: 6/30/92

SEND FOR ADDITIONAL CHEX® RECIPE BOOKLETS

Now the kids can join in the cooking fun, too!

- 12 kid-tested recipes
- All easy, quick, no-mess recipes
- Snacks, meals prepared in minutes

Please send me _____ Chex Recipe Booklet(s) for Mom, Dad & Kids. I have enclosed one Wheat, Rice or Corn Chex proof plus 50¢ postage and handling for each booklet ordered. (OVER)

MAIL TO: Chex Recipe Booklet
AX872A
P.O. Box 15378
Mascoutah, IL 62224

35¢

MANUFACTURER'S COUPON

EXPIRATION DATE: NONE

35¢

**SAVE
35¢**

on
Wheat Chex®
brand CEREAL



AX 885 013516



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919510

35¢

MANUFACTURER'S COUPON

EXPIRATION DATE: NONE

35¢

**SAVE
35¢**

on
Rice Chex®
brand CEREAL



AX 886 013524



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35¢

MANUFACTURER'S COUPON

EXPIRATION DATE: NONE

35¢

**SAVE
35¢**

on
Corn Chex®
brand CEREAL



AX 887 013532



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Cut along dotted line: and redeem.



35¢ MANUFACTURER'S COUPON 35¢

EXPIRATION DATE: NONE

SAVE
35¢
on
Wheat Chex®
brand CEREAL



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CHEX® RECIPE BOOKLETS

(PLEASE PRINT CLEARLY)

Name _____

Address _____

City _____

State _____ Zip _____ (required)

Offer good only in U.S.A., A.P.O.'s and F.P.O.'s. Void where taxed, prohibited or restricted. Allow 6 to 8 weeks for shipment. Zip code must be included to process request. Proofs-of-purchase from other Purina products do not qualify. This certificate must accompany your request.



Do not staple, glue or tape proof-of-purchase to this certificate. Postage stamps and/or foreign coins will not be honored. OFFER EXPIRES JUNE 30, 1992. OR Good only while supplies last.

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???

WHAT DOES IT MEAN WHEN THE RECIPE SAYS

BAKE:

Cook in the oven.

BEAT:

Use a fork or wooden spoon in a fast circular motion to make the mixture smooth.

COMBINE:

Place foods together.

GREASE:

Lightly rub the inside of the pan with shortening, butter, oil or cooking spray to keep the food from sticking to the pan.

KNEAD:

Press your hands against the dough, then fold it, turn it, and press again.

MEASURE:

Find the right amount of each ingredient.

MELT:

Turn a solid ingredient (like butter, margarine or shortening) into a liquid by heating it.

MIX:

Stir foods together until the mixture looks the same throughout.

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Mascoutah, IL 62224

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