

Vandalizing the Kitchen

Parmesan Ranch Snack Mix

2/3 cup Canola Oil

1 ounce packet dry Ranch mix

4 cups popped popcorn

3 ½ cups pretzels

¾ cups mixed nuts

3 oz. Grated Parmesan

1. In a bowl, mix oil and ranch packet. Add popcorn, pretzels, and mixed nuts.
2. Toss evenly and microwave for 2 minutes. Toss after 1 minute. Oil will settle, so it's important to toss.
3. Add parmesan and together.

Power Bites

1 ½ cups quick oats

½ cup mini dark chocolate chips

½ cup shredded coconut

1 ¼ cups peanut butter

3 Tbsp. Honey or Agave

2 scoops protein powder

1. Mix all ingredients into a bowl until combined. Form 1" balls and freeze in a gallon size bag.

Chocolate Gunkies

2 cups sugar

½ cup butter or margarine

½ cup milk

1/3 cup cocoa powder

½ cup peanut butter

1 tsp. vanilla

3 cups quick oats

1. In a saucepan, bring sugar, milk, butter, and cocoa to a boil. Let boil for 1 minute.
2. Remove from heat and add peanut butter, vanilla, and oats.
3. Spoon into mounds.