

Ullr Favorite Recipes
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CAPTAIN CRUNCH BARS

From Nancy Kastner (served at 07/19/06 Wabun What's Cookin')

INGREDIENTS

6 cups Captain Crunch cereal
1 can mixed nuts.

1 cup sugar
1/2 cup butter or margarine
1 cup white karo syrup

1 cup crunchy peanut butter

INSTRUCTIONS

In large bowl, mix together Captain Crunch cereal and mixed nuts.

In a saucepan, bring to a boil, and boil for 1 minute, the sugar, butter/marg, and white karo syrup. Remove saucepan from stove and add the crunchy peanut butter. Mix well.

Pour the hot mixture over the cereal and nuts. Mix well, and pour into a 9x13 pan.

Allow to cool, and then cut into bars.

Fudge Frosting (optional)

INGREDIENTS

1-1/2 cups sugar
6 Tbsp butter
6 Tbsp cream or Carnation condensed milk

1/2 cup chocolate chips

INSTRUCTIONS

Mix all ingredients in a saucepan, bring to a boil, and boil 1 minute.

Remove from heat and add the chocolate chips. Stir until spreadable.