

CORNTHINS[®] creations



35

NEW



DELICIOUS RECIPE IDEAS USING CORN THINS SLICES &/OR OUR NEW MINIS!

CORNTHINS® Creations Cookbook



Welcome to 2025 Edition of the CORN THINS® Creations recipe cookbook! In the following pages, you'll find a variety of delicious and creative recipes featuring CORN THINS® slices and our NEW Minis used as a tasty and versatile ingredient. Whether you're looking for a quick snack, a light lunch, or a hearty dinner, CORN THINS® have got you covered.

Made from non-GMO corn and packed with whole grains, CORN THINS® slices and Minis not only taste delicious, like POPCORN, but are a healthier choice for all your culinary and snacking needs – with their crispy, crunchy texture and delicious flavours like Original, Tasty Cheese, and Multigrain, there's a CORN THINS® recipe for every taste and occasion.

Contents

BREAKFAST

3

Breakfast Stack	4
Avocado Smash	5
Mango, Strawberry & Yoghurt	5
Scrambled Egg & Smoked Salmon	6
Vegemite & Avocado	6
Honey & Lime Grilled Pineapple	7
Multigrain Brittle	8

LUNCH

9

Roasted Pumpkin, Chorizo Crumb, Pesto & Rocket	10
Smoked Salmon & Cream Cheese	10
Mature Cheddar, Turkey & Grapes	11
Honey Mustard, Boiled Egg & Rocket	12
Pesto, Bocconcini & Tomato	12
Roast Pumpkin, Black Beans, Avocado & Coriander	13
Crunchy Harvest Chicken Salad	14

DINNER

15

Pulled Mushroom & Ricotta	16
Taco Bowl	16
Crispy Chicken Caesar	17

Gluten Free Meatballs	18
Margarita	19
Pumpkin Soup	19
Chicken & Cheese Mexican Bean Mix	20

SNACKS

21

Peanut Butter, Apple & Choc Chips	22
Ricotta, Peach & Pepita	22
CORN THINS® Crispies	23
Pineapple & Mango Slice	24
Choc Pecan Slice	25
Pretzel Reindeer	25
CORN THINS® Wagon Wheels	26

DIPS

27

Whipped Brie with Grilled Marmalade & Mandarin Dip	28
Vegetarian Nachos	28
Guacamole & CORN THINS® Slices	29
Edamame Hummus	30
Spinach Dip	31
Pizza Dip	31
Vegan Cheese Sauce	32

Breakfast





Breakfast Stack

with Fried Egg, Sausage, Mushroom & Spinach

INGREDIENTS

2 CORN THINS® slices
2 eggs
2 sausages
1 cup spinach leaves
1 cup sliced mushroom
1 clove of garlic
(finely chopped)
Olive oil

DIRECTIONS

1. Best to use 2 pans for this. I cook the spinach & the mushrooms in the one pan, then eggs & sausages in another.
2. For the spinach & mushrooms (again, these can be cooked together or separately in 2 lots), heat some oil in a pan (enough to cover the bottom of the pan), then add the garlic on a low to medium heat. Once the garlic gets a little caramelisation add in spinach leaves & mushrooms. Continue cooking & stirring till the spinach and mushrooms are soft & wet looking.
3. Fry the eggs & sausages with a little oil in a non stick pan. Cook the eggs till the egg whites have solidified & have a bit of browning underneath. Cook the sausages, on each side till that have a nice brown colour.
4. To assemble your breakfast, just add a fried egg to each CORN THINS® slice then top with spinach & mushrooms. Finally top with the sausage (sliced, or as is), then sprinkle with pepper & salt (if desired).



Avocado Smash

with Bacon, Tomato & Onion

INGREDIENTS

3 CORN THINS® slices
2 rashers of bacon
1/2 Avocado
Finely diced onion (1/8 small onion)
Cherry tomatoes (sliced)
Vinegar or salad dressing
Tsp Vegetable oil/butter

DIRECTIONS

1. Cook bacon in a frying pan with the oil/butter till it is to your liking. Set aside to cool a little.
2. Mash avocado in a small bowl & add a small dash of salad dressing or vinegar. Mix thoroughly.
3. Spread avocado mash over the CORN THINS® slices, then top with bacon, tomato & onion. Add some pepper & salt if desired.

Mango, Strawberry & Yoghurt

INGREDIENTS

2 CORN THINS® slices crushed
Fresh sliced mango
Mixed berries (100g)
Yoghurt (250g)

DIRECTIONS

1. Add sliced mango to the bottom of 2 large glasses or small bowls.
2. Add mixed berries and yoghurt.
3. Finally add crushed CORN THINS® slices to the top of the yoghurt for texture & taste.



Scrambled Egg & Smoked Salmon



INGREDIENTS

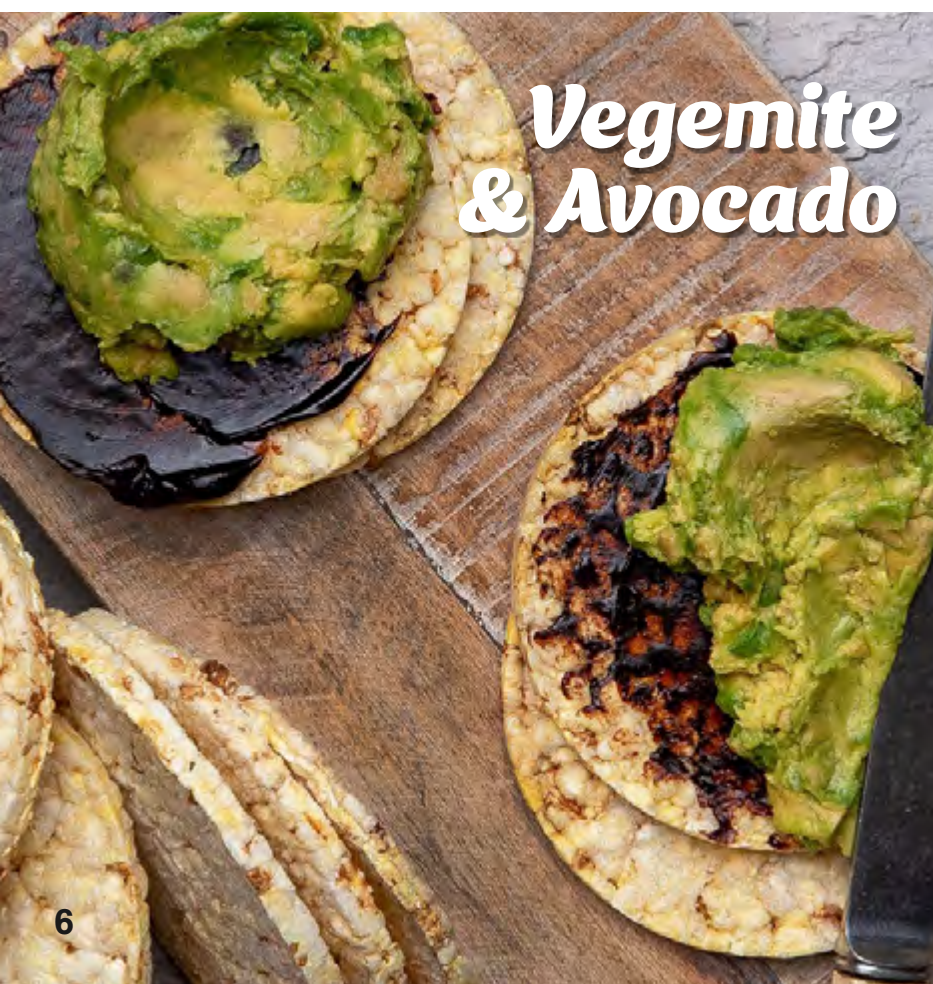
2 CORN THINS® slices
Egg (1)
Milk or cream (3 tbsp)
Smoked Salmon (60g)
Butter (1 nob)
Pepper & salt (as desired)

DIRECTIONS

1. Whisk egg and milk in a small bowl and add desired amount of salt & pepper.
2. Add butter to frying pan and, once melted, add egg & milk mixture. Let sit for 20-30 secs, then using a spatula or wooden spoon, start folding the cooked edges from the bottom, forcing the

uncooked egg onto the pan. Continue to do this till the egg is softly set, then remove from heat.

3. Layer smoked salmon onto the CORN THINS® slices, then add half the scrambled egg onto each CORN THINS® slice. Add pepper & salt as desired.



Vegemite & Avocado

INGREDIENTS

2-3 CORN THINS® slices
Vegemite (gluten free variant)
1 small avocado or 1/2 large avocado
1 tsp Salad dressing

DIRECTIONS

1. Mash avocado in a small bowl & add in salad dressing. Season with salt & pepper if desired. Mix well. Spread Vegemite very thinly across each CORN THINS® slice, then spread on avocado. So simple, easy & tasty for a quick enjoyable breakfast.



Honey & Lime Grilled Pineapple

INGREDIENTS

6 CORN THINS® Slices
2 slices of pineapple from a tin of pineapple slices in juice
1 teaspoon of lime juice
2 teaspoons of honey
1 tablespoon of coconut flakes
Extra virgin olive oil
200g Greek Yoghurt

DIRECTIONS

1. In a small bowl mix lime juice and honey.
2. Brush each side of two slices of pineapple.
3. Heat a grill to medium heat and spray with extra virgin olive oil spray.
4. Grill the pineapple slices for around 3 minutes each side or until golden brown.

5. Place the CORN THINS® slices on a plate and transfer cooked pineapples onto the CORN THINS® slices.
6. Add a sprinkle of coconut flakes.
7. Enjoy with a side of Greek yoghurt to make a complete meal.



Multigrain Brittle

with Nut Butter & Banana Porridge

INGREDIENTS

2 cups gluten free quick oats
2 ½ cups milk, plus extra to serve
3 bananas, peeled, chopped
4 tbsp peanut butter

MULTIGRAIN BRITTLE

6 Multigrain CORN THINS® slices, crushed
1/8 tsp bicarbonate of soda
½ tsp sea salt flakes
110g caster sugar
60g glucose syrup
30g butter

DIRECTIONS

1. To make the multigrain brittle combine crushed Multigrain CORN THINS® slices with bicarbonate of soda and salt.
2. Stir sugar, glucose, butter and 30ml water in saucepan over medium-high heat until sugar dissolves, then bring mixture to the boil and cook to 150°C. Add crushed Multigrain mixture, quickly mix (it will foam) then spread on baking paper. Cool completely then break into pieces.
3. To cook porridge, combine oats and milk in a large, microwave-safe bowl. Microwave on high in 1 minute bursts, stirring between each, until the oats are soft and milk has absorbed (about 4-5 mins).
4. Divide porridge between four bowls. Swirl 1 tbsp of peanut butter through each bowl of porridge then top with banana and crushed Multigrain brittle.



Lunch



Roasted Pumpkin, Chorizo Crumb, Pesto & Rocket

INGREDIENTS

CORN THINS® slices
2 Roast Pumpkin slices
Pesto
Chorizo crumb
(supermarket bought or homemade)
Rocket leaves

DIRECTIONS

1. To roast the pumpkin simply season the pumpkin with salt & brush some oil onto all sides, then place in a baking tray & cook in the oven at 180°C for 40-60 mins, or till pumpkin is soft.
2. Spread a little pesto across each CORN THINS® slice, then layer on some slices of pumpkin. Sprinkle on some chorizo crumb, then top with some rocket. Season with salt & pepper as desired.

Smoked Salmon & Cream Cheese

INGREDIENTS

3 CORN THINS® slices
50g of smoked salmon
2-3 Tbs of Cream cheese
Pepper & salt (if desired)

DIRECTIONS

1. Simply add smoked salmon & dollops of cream cheese to each CORN THINS slice, season as desired, then sit back and enjoy.



Mature Cheddar, Turkey & Grapes

INGREDIENTS

3 CORN THINS® slices
Aged cheddar (thinly sliced)
3 Turkey slices
Small handful of grapes
(sliced in half)

DIRECTIONS

Simply layer on the cheese, then the turkey, followed by the grapes.



Honey Mustard, Boiled Egg & Rocket

INGREDIENTS

- 3 CORN THINS® slices
- 2 Eggs
- Honey mustard
- Rocket

DIRECTIONS

1. Boil 2 eggs in hot water for 10 mins, then put aside to cool slightly. Then de-shell & slice.
2. Spread the honey mustard across each CORN THINS® slice, then layer on the boiled egg. Sprinkle with salt & pepper, then top with some rocket.



Pesto, Bocconcini & Tomato

INGREDIENTS

- | | |
|-----------------------------|-----------------------------------|
| 3 CORN THINS® slices | PESTO: |
| Cherry tomatoes (sliced) | 2 cups basil |
| 3 Bocconcini balls (sliced) | 4 cloves of garlic |
| 2 Tbsp Pesto | 1/2 cup of olive oil |
| | 1/2 cup pine nuts |
| | 3/4 cup of grated parmesan cheese |

DIRECTIONS

1. Spread pesto across CORN THINS® slices, then layer on bocconcini cheese and cherry tomatoes. Add pepper & salt if desired.

TO MAKE PESTO

2. Place basil, garlic pine nuts and parmesan cheese into a blender or food processor. While blending these ingredients slowly add in oil till all is well mixed. Add salt & pepper if desired.



Roast Pumpkin, Black Beans, Avocado & Coriander

INGREDIENTS

- 3 CORN THINS® slices
- Jap Pumpkin
- Black beans (canned)
- 1 Lime
- 1 Small avocado
- Coriander

DIRECTIONS

1. To roast pumpkin, cover sliced pumpkin with olive oil (add a little salt if desired), then place on grease proof paper on an oven tray. Place pumpkin into an oven heated to 180°C. Cook for 40-60 mins. Pumpkin is cooked when it feels soft when pricked with a fork. Once cooked put aside to cool.
2. Layer some roast pumpkin onto the CORN THINS® slices, top with some avocado, then some black beans. For a bit of tang squeeze on some lime juice. Finally add a few coriander leaves.
3. Place any left over roast pumpkin in the fridge for up to 3 days.





Crunchy Harvest Chicken Salad

Recipe created by Jacqueline Alwill from Good Chef Bad Chef

INGREDIENTS

350g chicken breast	¼ red onion, finely chopped
2 tsp smoky paprika	2 red/jazz apples, core removed and finely sliced
2 cloves garlic, finely sliced	2 avocados, diced
1 tbsp extra virgin olive oil	½ cup hazelnuts, roughly chopped
SALAD	Parmesan (optional)
3 CORN THINS® slices	
3 cups kale, torn into small pieces	DRESSING
2 cups rocket leaves	2 tbsp red wine vinegar
½ bunch parsley, leaves picked, stalks finely chopped	⅓ cup extra virgin olive oil
1 cup mint leaves, picked	1 tsp Dijon mustard

DIRECTIONS

1. Marinate the chicken breast for 1-2 hours (or overnight if time allows) by combining smoky paprika, garlic and extra virgin olive oil in a bowl, then coat the whole chicken breasts with the marinade.

2. When ready to cook, heat the oven to 180°C (fan forced), place the chicken in a baking tray, and cook for 25 - 30 minutes or until tender.

3. Whilst the chicken cooks, prepare the salad. Crush CORN THINS® slices until they are about 5 mm size pieces, into a bowl

and set aside. Combine kale, rocket, parsley, mint and onion in a large bowl and toss. Whisk ingredients for dressing in a small bowl. Drizzle salad with dressing, season and toss again, then arrange on a serving platter or divide between bowls. Sprinkle with chopped hazelnuts and crushed CORN THINS® slices.

4. Slice apple and avocado and arrange around platter or bowls. Slice cooked chicken and arrange around the salad. Add a good grind of black pepper and some grated parmesan if desired and tuck in.

Dinner



INGREDIENTS

3 CORN THINS® slices
3 Tbs Pulled mushroom
(Pulled King Oyster Mushroom Recipe)
50 - 80g goat's cheese
Fresh herbs (Parsley, Oregano & Dill)

DIRECTIONS

1. Place a generous amount of pulled mushroom on each CORN THINS® slice, the crumble on the goat's cheese.
2. Add some fresh herbs, then season with salt & pepper if desired.

Checkout the recipe online

<https://thefoodietakesflight.com/pulled-king-oyster-mushroom/>



Pulled Mushroom & Ricotta



Taco Bowl

INGREDIENTS

1 x 250g packet microwavable black rice	½ of 420g tin black beans, rinsed and drained
1 tbsp olive oil	1 avocado
1 brown onion, finely chopped	8 x CORN THINS® Tasty Cheese slices, or 1/2 pack of CORN THINS® Minis Cheddar
500g extra lean beef mince	Iceberg lettuce, coriander and sour cream, to serve
2 tbsp taco seasoning	Chilli flakes, to serve
1 cup grated cheese	
1 punnet cherry tomatoes, halved	

DIRECTIONS

1. Cook the rice according to packet instructions. Divide between 4 bowls.
2. Heat the oil in a large frypan over medium heat. Add onion and cook 4-5 mins until softened, add mince and fry until browned. Add taco seasoning and ¼ cup water, stir, cooking, until the sauce thickens. Divide mince between bowls and sprinkle over cheese.
3. Divide cherry tomatoes and black beans amongst the bowls. Quarter the avocado and slice, dividing between bowls. Tuck 2 Corn Thins® slices, or some Corn Thins® Minis Cheddar into each bowl then top with iceberg lettuce, coriander and a generous spoon of sour cream. Sprinkle with chilli flakes, if using.



Crispy Chicken Caesar

INGREDIENTS

CAESAR SALAD (GF)	DRESSING
4 baby Cos lettuce, washed and quartered length ways	2 small garlic cloves, minced
6 chicken tenderloins	3 anchovy fillets, finely chopped (optional)
½ cup arrowroot (tapioca) flour	2 tablespoons freshly squeezed lemon juice
1 egg whisked with a splash of water	1 tsp tamari (gluten free soy sauce)
6 Tasty Cheese CORN THINS® slices, crushed to a rough crumb	1 teaspoon Dijon mustard
2 eggs, boiled, peeled	1 cup mayonnaise
4 rashers bacon, fried and finely chopped	½ cup freshly grated Parmigiano-Reggiano
Shaved Parmigiano-Reggiano	¼ teaspoon salt
Rice bran oil, to deep fry	¼ teaspoon freshly ground black pepper

DIRECTIONS

1. To make dressing, combine all ingredients in a blender or mini food processor and blitz until smooth. Set aside.
2. Heat rice bran oil in a deep fryer or deep saucepan to medium-high heat (around 180°C).
3. On a platter arrange lettuce wedges.
4. Dust chicken tenders in arrowroot flour, brushing off any excess. Dip in egg mixture, then coat with crushed CORN THINS® slices. Deep fry chicken tenders, 3 at a time, for 5-6 mins or until golden and cooked through. Drain on paper towel.
5. Arrange chicken on top of the lettuce then use your hands to roughly crumble egg over the top. Sprinkle chopped bacon over the top then shaved parmesan. Drizzle with dressing just before serving.



Gluten Free Meatballs

INGREDIENTS

12 CORN THINS® Original slices
 500g pork mince (or chicken, or vegan mince)
 500g beef mince (or chicken, or vegan mince)
 1 clove garlic crushed
 2 eggs
 2 brown onions, finely chopped
 2 tbsp finely chopped parsley
 Sea salt and freshly cracked black pepper
 High smoke-point oil, to fry
 Tzatziki, to serve

DIRECTIONS

1. Process CORN THINS® slices in a food processor until a fine crumb.
2. Combine ¾ of the CORN THINS® crumbs with the remaining ingredients and use clean hands to mix very well.
3. Form into large balls, around 1 ½ tbsp each. Roll each ball in remaining CORN THINS® crumbs to coat.
4. Heat oil in a large frypan over medium heat and fry meatballs in batches, turning regularly, 5-6 mins or until cooked through.
5. Serve with tzatziki.



Margarita

INGREDIENTS

Tomato Paste (1 tbsp)
 CORN THINS® corn cakes (2 slices)
 Cherry Tomatoes (6 - 8, cut in half)
 Parmesan Cheese (2 tsp)
 Mozzarella Cheese (1 tbsp)
 Oregano leaves (just a few)

DIRECTIONS

1. Spread tomato paste across CORN THINS® slices, top with sliced cherry tomatoes, parmesan and mozzarella cheese
2. Place CORN THINS® slices (with toppings) on a baking tray and put into a pre-heated oven at 180°C until cheese melts & slightly browns (this will only take a few minutes)
3. Take cooked CORN THINS® slices out of the oven, let cool slightly, sprinkle with oregano leaves & pepper (If desired), then enjoy.



Pumpkin Soup

INGREDIENTS

1/2 Jap pumpkin (roughly cut into about 2-3cm pieces)	Olive oil
3 Potatoes (roughly cut into about 2-3cm pieces)	Plain yoghurt, or sour cream (300g)
2 Onions (finely chopped)	Feta cheese
1lts Vegetable stock	Salt & pepper
	CORN THINS® slices

DIRECTIONS

1. Over a medium flame add a couple of table spoons of olive oil to a large pot. Add onions to the pot & cook until translucent, then add pumpkin, potatoes & stock. If stock is not almost covering the vegetable add additional water or vegetable stock. Continue to heat until potatoes & pumpkin are soft.
2. Turn off the heat & ideally blend the vegetables within the pot using a stick blender. Blend until you have a smooth texture. If you like a mild cream soup add sour cream, if you like a bit more of an acid bite, add plain yoghurt. Blend this in, then add pepper & salt till you get to the desired taste. Any left over soup can be frozen for another time.
3. When serving the soup sprinkle on a little feta & crushed up CORN THINS® slices. Also serve with some CORN THINS® slices, instead of bread.



Chicken & Cheese Mexican Bean Mix

INGREDIENTS

½ cup drained sweet, tinned corn.
1 diced onion
1 diced capsicum
1 can (420g) of Mexican flavoured baked beans
200g of skinless, excess fat removed, chicken breast cut into bite sized pieces.
½ cup of reduced fat, grated, mozzarella cheese.
10-12 CORN THINS® slices, or 1 pack of CORN THINS® Minis Cheddar

DIRECTIONS

1. Preheat the oven to 220°C (200°C fan-forced).
2. In a large oven safe dish add the canned Mexican beans, corn, onion and capsicum.
3. Take the chicken pieces and press down into the beans mix until covered by the sauce. Cover foil.
4. Bake for 20 minutes.
5. Remove foil and sprinkle cheese over the mix and then bake for an additional 5-10 minutes until the chicken is fully cooked and cheese is golden brown.
6. Divide mixture between two plates and serve with a side of 5-6 CORN THINS® slices, or 1/2 a pack of Corn Thins® Minis Cheddar each plate. Enjoy!

Snacks





Peanut Butter, Apple & Choc Chips

BAR INGREDIENTS

3 CORN THINS® slices
Peanut butter (or similar spread)
1 apple (sliced)
Choc chips

DIRECTIONS

1. Spread peanut butter (or similar product) across CORN THINS® slices, then add apple slices, then sprinkle with choc chips. Alternatively to stop the

choc chips from rolling off the slices as you eat them, add the choc chips to the peanut layer before adding the apple slices.

Ricotta, Peach & Pepita

INGREDIENTS

3 CORN THINS® slices
1 White Peach - sliced
Pepitas
2 Tbsp of ricotta

DIRECTIONS

1. Spread ricotta across CORN THINS® slices, then layer of peach slices, finishing off with a sprinkle pepitas



CORNTHINS® Crispies

INGREDIENTS

1 x packet CORN THINS® Original
120g bag pastel speckled chocolate eggs, roughly chopped
120g salted butter
220g vanilla marshmallows
Rainbow sprinkles

DIRECTIONS

1. Grease and line a 20cm square baking tin with baking paper.
2. Combine crushed CORN THINS® slices and chocolate eggs in a large bowl. Mix well.
3. Add butter to a medium saucepan and heat over low heat until melted. Add marshmallows and continue to heat, stirring, until the marshmallows have completely melted and the butter is incorporated.

4. Pour the melted marshmallow mixture over the crushed CORN THINS® mixture and mix well to totally coat. Spoon into the prepared baking tray, using a spatula to press the mixture into the corners of the tin and to smooth the surface. Decorate with sprinkles before refrigerating for an hour to set.

5. Cut into quarters then cut each quarter into two triangles to serve.



Pineapple & Mango Slice

INGREDIENTS

6 CORN THINS® slices
85g roughly chopped dried mango
85g roughly chopped pineapple
1 cup coconut flakes
1 tablespoon hemp seeds
2 cups macadamia nuts
1/3 cup melted coconut oil
1 1/4 teaspoons salt

DIRECTIONS

1. Add the CORN THINS® slices, pineapple and mango into a food processor and process until fine consistency.
2. Add the nuts and pulse until coarsely chopped.
3. Add the coconut flakes, oil, hemp seeds, and salt.
4. Pulse until the mixture becomes a rough purée consistency. Transfer mixture to a plastic wrap-lined rimmed baking sheet.
5. Top with another piece of plastic wrap and press to a 9x6" rectangle. Chill the mixture until firm.
6. Cut into 12 bars.



Choc Pecan Slice

INGREDIENTS

12 CORN THINS® Original slices
285g butter
200g brown sugar
1/2 tsp sea salt flakes
1 packet milk chocolate melts
130g pecans, roughly chopped

DIRECTIONS

1. Preheat oven to 170°C fan.
2. Line a large, rectangular baking tray with alfoil and spray with cooking spray. Line the base with the CORN THINS® slices (it doesn't matter if they overlap slightly).
3. Combine butter and sugar in a medium saucepan over medium heat and cook, stirring, until foamy.
4. Pour over the layer of CORN THINS® slices and sprinkle over the sea salt.
5. Bake for 10 mins then quickly sprinkle the chocolate melts over the top, wait until melted then spread evenly to coat. Sprinkle with pecans then refrigerate.



Pretzel Reindeer

INGREDIENTS

8 CORN THINS® slices
Nutella (or choc spread)
Mini Pretzels
(2 per slice)

Candied eyes
(2 per slice)
M&M's
(1 per slice)

DIRECTIONS

1. Spread a generous amount of Nutella across each CORN THINS® slice, use 2 mini pretzels as the antlers for the reindeer.
2. Push the pretzels into the Nutella to help them stick. Use 2 candied eyes as the reindeer eyes, then M&M's as the reindeer nose (any colours will do). So much fun to create & even better to eat.



CORNTHINS *Wagon Wheels*

INGREDIENTS

CORNTHINS® slices (2 per wagon wheel)
Marshmallows (3-4 per wagon wheel)
Raspberry Jam
Dark Chocolate, or Nutella

DIRECTIONS

1. Place marshmallows onto baking paper & either heat in the microwave, or the oven till warm (this won't take long).

2. Melt dark chocolate in the microwave. Check the microwave every 30 secs till the chocolate is runny. Don't overheat, or the chocolate will go hard.

3. Layer raspberry jam onto the inside of one or both CORNTHINS® slices, then place 3-4 warmed marshmallows between the 2 CORNTHINS® slices. Drizzle, dip or brush with the melted chocolate (or Nutella). Now its time to enjoy.



Dips

Whipped Brie

with Grilled Marmalade
& Mandarin Dip

INGREDIENTS

2 x 200g wheels brie,
room temperature

2-3 mandarins, peeled
and bits removed

3 tbsp marmalade

1 tsp pink peppercorns,
crushed

Thyme sprigs, to serve

1 packet CORN THINS®
slices, or 1 packet of CORN
THINS® Minis to serve

DIRECTIONS

1. Preheat oven grill to 200°C.
Line a baking tray with foil.

2. Carefully cut the white rind
off the brie wheels. Place soft
centres into a bowl and use
an electric whisk to beat until
soft and fluffy. Spoon into a
serving bowl.

3. In a small mixing bowl
combine marmalade with a
splash of boiling water, just to
loosen and create a syrupy

consistency. Add mandarin
segments and pepper, toss to
coat. Pour onto the prepared
tray and grill in the oven 8-10
mins until soft and coloured.

4. Spoon the segments
over the brie, drizzle over
the marmalade syrup and
garnish with thyme sprigs
and leaves. Serve with
CORN THINS® slices, or
CORN THINS® Minis.



Vegetarian Nachos

INGREDIENTS

400g tin chopped tomatoes

1 tbsp Worcestershire sauce

1/2 cup grated tasty cheese

240g tin black beans,
drained and rinsed

1 avocado, roughly mashed

with juice of 1/2 lime

6 CORN THINS™ slices, cut
into quarters (like chips), or 1/2
packet of CORN THINS® Minis
Sour Cream & Chives

1 tbsp finely chopped chipotle
chillies in adobo

DIRECTIONS

1. Preheat oven grill to high.

2. Combine tin tomatoes, Worcestershire, chillies
and black beans in a small saucepan over high heat.
Cook 4-5 mins or until heated through.

3. Pour mixture into a heatproof ramekin
(about 20cm round) and scatter
grated cheese over the top.
Place under oven grill
until cheese is golden and melted.

4. Serve topped with dollops
of mashed avocado and
CORN THINS® "chips", or
CORN THINS® Minis.



Guacamole & CORNTHINS Slices

INGREDIENTS

CORN THINS® slices, or CORN
THINS® Minis

GUACAMOLE:

2 ripe avocados (mashed)

60ml (1/4 cup) fresh lime juice

1 small red onion (finely chopped)

1 ripe tomato (finely chopped)

2 cloves of garlic
(crushed & chopped)

1 small fresh red chill
(de-seeded & finely chopped)

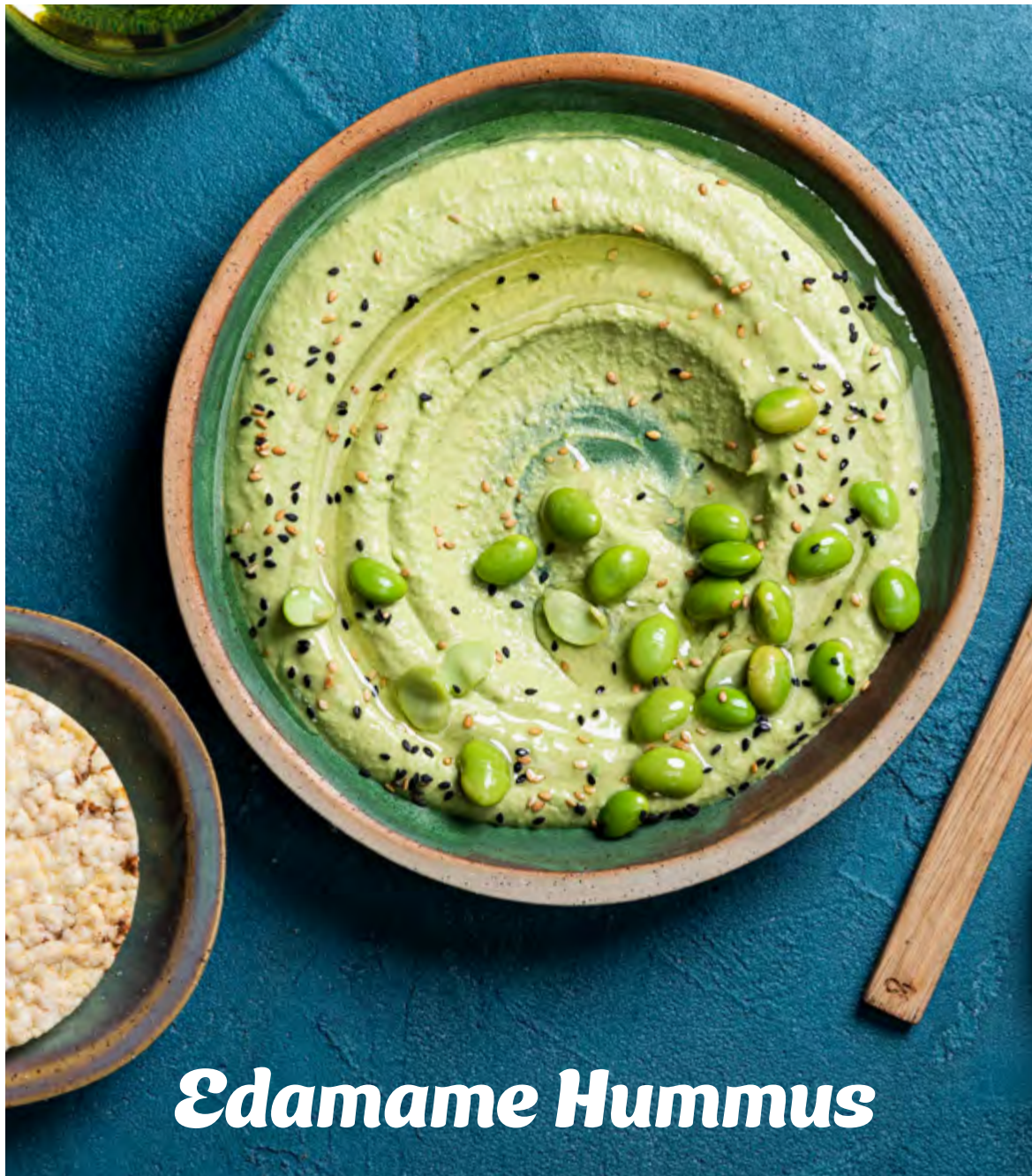
DIRECTIONS

1. Thoroughly mix mashed avocado
with lime juice, then add in the rest of
the ingredients & mix well. Season with
salt & pepper to taste.

2. Guacamole is now ready to serve
with plenty of CORN THINS® slices,
or CORN THINS® Minis Enjoy with
your friends

3. Note: Guacamole is best eaten fresh,
but can be keep in a sealed container
within the fridge for a day or 2, but it
will brown over time.





Edamame Hummus

INGREDIENTS

CORN THINS® slices, or
CORN THINS® Minis
1/3 cup tahini
1/3 cup lemon juice
3 tbsp olive oil
1 large clove garlic (finely chopped)
1/2 tsp salt
1/2 cup fresh cilantro leaves
1&1/2 cups of shelled edamame
(fresh or frozen)
2 - 4 tbsp water (add to get desired
dip consistency)

DIRECTIONS

1. Combine tahini, lemon juice, olive oil, garlic & salt in your food processor. Process till well blended (about 1.5 mins).
2. Add cilantro, then process for another 1 min. Scrape sides down to ensure all of the mixture is blended together. Add half the edamame & water, then blend for a further 1 min. Again scrape the sides down to ensure all ingredients are well mixed, then add the remaining edamame & blend for another 1 - 2 minutes until mixture is smooth.
3. If you feel the dip is too thick add in more water till you get to your ideal texture/consistency. Taste & if desired add more salt (if dip is a little bland). Dip is now ready to eat & perfect to enjoy with your CORN THINS® slices, or CORN THINS® Minis.
4. Any uneaten dip can be stored (covered) in the fridge for up to a week.



Spinach Dip

INGREDIENTS

CORN THINS® slices, or CORN THINS® Minis	1-2 cloves of garlic (crushed & chopped)
SPINACH DIP:	2 tbsp of finely chopped parsley
250g frozen spinach (thawed & drained)	1 tbsp lemon juice
240g sour cream (light can be used)	3 drops Tabasco sauce
2 shallots (finely chopped)	

DIRECTIONS

1. Mix all ingredients thoroughly in a bowl. Season with salt & pepper as desired. Left over dip can be kept in the fridge for up to 3 days. Enjoy with CORN THINS® slices, or CORN THINS® Minis.

Pizza Dip

INGREDIENTS

225g package cream cheese, softened	1 cup grated Parmesan cheese
1/2 tsp dried basil	1 cup pizza sauce
1/2 tsp dried oregano	1 packet of CORN THINS® Crispbread slices, or Minis
1/2 tsp dried parsley	
1 cup shredded pizza blend cheese	

DIRECTIONS

1. Put cream cheese, oregano, parsley, and basil in a bowl. Mix together until combined.
2. Spread mixture in the bottom of a 9 inch pie plate, or a shallow microwave-safe dish, then sprinkle 1/2 cup of the pizza blend cheese and 1/2 cup of the Parmesan cheese on top of the cream cheese mixture.
3. Spread the pizza sauce on top. (This is where you could add any optional "pizza toppings")
4. Sprinkle with remaining cheese and bake on 350°C for 25-30 minutes...or microwave for 5 minutes. Enjoy with CORN THINS® slices, or CORN THINS® Minis with your family & friends.





Vegan Cheese Sauce

INGREDIENTS

- | | |
|----------------------------------|--|
| 1 packet of CORN THINS® slices | 2 cups of unsweetened calcium fortified soy milk |
| 1 large peeled & boiled potato | 1 teaspoon of salt |
| ½ teaspoon of garlic powder | ½ cup nutritional yeast |
| ½ teaspoon of onion powder | |
| 1 large peeled and boiled carrot | |

DIRECTIONS

1. Blend ingredients in a blender until a smooth consistency has been created.
2. Serve into a bowl.
3. Serve with CORN THINS® slices.
4. Enjoy!

Enjoy CORNTHINS® Today!

Looking for a tasty and satisfying snack that's packed with flavour? Look no further than Corn Thins®! With a range of delicious flavours to choose from amongst these Crispbread and NEW Minis products, you can enjoy these thin, crispy popped corn products throughout the day, anywhere, with the whole family.

Corn Thins® slices and Minis are made from corn, so have a naturally delicious popcorn flavour, while also being gluten free and always non-GMO.

So why wait? Try the delicious popcorn taste of Corn Thins® slices and Minis today and discover a whole new world of snacking possibilities!



REAL FOODS
SINCE 1980
CORN THINS

Instagram Facebook Twitter @cornthins_original