

Corn Thins[®] Creations



24
PAGES

**OF DELICIOUS
RECIPE IDEAS
USING CORN
THINS[®] SLICES**

Corn Thins® Creations



Welcome to Corn Thins® Creations recipe cookbook!

In the following 24 pages, you'll find a variety of delicious and creative recipes featuring Corn Thins® slices 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 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.

So let's get cooking and discover the many mouthwatering ways to enjoy Corn Thins® slices!

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Breakfast



Crunchy Breakfast Clusters

INGREDIENTS

- 1 bag of CORN THINS® or RICE THINS® slices
- 1 tsp ground ginger
- ¼ tsp ground cinnamon
- ¼ tsp salt
- ½ cup of honey
- ½ cup of grapeseed oil
- ½ cup of dried raisins
- 1 cup of sunflower seeds
- 1 cup of hazelnuts (or your favourite nut) chopped roughly

DIRECTIONS

1. Preheat your oven to 160°C.
2. Place CORN THINS® slices in a food processor and process until medium crumbs. Add CORN THINS® crumb, hazelnuts, sunflower seeds, and raisins into a mixing bowl.
3. In a separate bowl add extra virgin oil, honey, salt, ginger, and cinnamon. With a fork whisk and then pour into bowl with CORN THINS® mix.
4. Line a baking tray with baking paper and pour the mix onto the baking tray. Place tray into the oven and bake for 10 minutes.
5. Remove the tray and with a spatula move the mixture so the outside parts are moved into the centre and the centre parts are pushed outwards.
6. Bake for a further 10 minutes. Stir again.
7. Bake for a final 8-10 minutes. The mixture should now be golden roasted and evenly baked. Remove the mixture and press mixture firmly down to help to create clusters. Allow the mixture to cool.
8. Break final product into pieces and store in an airtight container until ready to use.



Scrambled Eggs

with Smoked Salmon & Dill

INGREDIENTS

- 3 CORN THINS® slices
- 2 eggs
- 100g smoked salmon
- 1 Sprig of Dill
- 1/8 cup of milk
- 1 tsp butter or olive oil
- Pepper & salt to taste

DIRECTIONS

1. For a low carbohydrate or gluten free breakfast why not replace toast with the delicious popcorn taste of CORN THINS® slices.
2. To make scrambled eggs, mix eggs, milk, pepper & salt in a bowl. Heat a fry pan then add the butter or olive oil. When this is hot add the egg mixture. Stir &/or fold over the egg periodically as it starts to cook. Keep doing this till the egg is fully cooked. Once cooked, divide the scrambled egg across the CORN THINS® slices, add smoked salmon, then sprinkle with dill. Enjoy.

Avocado, Boiled Egg & Watercress

INGREDIENTS

- 3 CORN THINS® slices
- 1-2 egg
- 1/2 a large avocado (mashed. For a bit of tang, add a dash of vinegar or salad dressing)
- Watercress
- Pepper & salt as desired

DIRECTIONS

1. Boil a couple of eggs for about 10 mins, then put aside to cool. Once cool, slice.
2. Spread smashed avocado across CORN THINS® slices, then top with slices of boiled egg & watercress. Sprinkle on salt & pepper as desired.





Corn Thins® Slices with Beans & Egg

INGREDIENTS

2-3 CORN THINS® slices
1 serve of baked beans
1-2 eggs

DIRECTIONS

1. Boil the eggs for about 10 mins, then run under cold water to help cool. Remove the shell, then slice. Heat beans in the microwave for about 2 mins. Stir every 30 seconds. Ensure the beans are covered when you microwave them to avoid making a mess of the microwave.
2. Add the beans to CORN THINS® slices then top with the slices of egg. Season with salt & pepper if desired.
3. To add some good fats, you may also like to include some avocado.



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.



Capsicum Shakshuka

INGREDIENTS

1 tbsp olive oil
1 large red capsicum,
1/2 red onion, thinly sliced
400g cherry tomatoes
1 clove garlic, crushed
1 small, red chilli, very finely chopped
3 eggs
Sea salt and freshly crackled black pepper
Mixed soft herbs, to serve
Crumbled feta, to serve
CORN THINS® Tasty Cheese, to serve

DIRECTIONS

1. Preheat a fan forced oven to 160°C.
2. Heat oil in a medium frypan over medium heat. Fry capsicum and onion for 4-5 mins until onion softens, add tomatoes, garlic and chilli, stirring well to combine, season, then fry for a further 8 mins until capsicum is soft.
3. Use the back of a spoon to create 3 holes in the mixture. Crack an egg into each hole, season the eggs then bake for 10-12 mins until the egg whites are cooked.
4. Garnish with fresh herbs (we used mint, parsley and lemon thyme leaves) and crumbled feta. Serve spooned onto CORN THINS® Tasty Cheese slices.

Blueberries & Nutella

INGREDIENTS

- 3 CORN THINS® slices
- Blueberries
- Nutella

DIRECTIONS

1. Simply add some delicious fresh blueberries to each CORN THINS® slice then drizzle with Nutella.

Corn Thins Quinoa Porridge

INGREDIENTS

- 60g quinoa flakes
- 4 CORN THINS® Original slices, crumbled
- 400ml oat milk (unsweetened), plus extra to serve
- 1/2 cup frozen banana
- 1 tsp vanilla bean paste
- Pinch sea salt
- Fresh berries, to serve
- Honey, to sweeten (optional)

DIRECTIONS

1. Combine all ingredients, except berries, in a medium saucepan over medium heat. Cook, stirring, until thickened and bananas has disintegrated, about 5-6 mins.
2. Divide between two bowls, serve with extra milk, berries and honey to sweeten.

Lunch

Roast Pumpkin Slices

with baby spinach, goat's cheese & pomegranate

INGREDIENTS

3 CORN THINS® slices
Roast Pumpkin (left-overs)
Goat's cheese
Baby spinach
Pomegranate seeds

DIRECTIONS

1. If you don't have left-over pumpkin, it is easy to cook. Just cut some slices of pumpkin (1-2 cm thick), coat with olive oil, then place on some grease paper in an oven tray & place in a heated oven (180°C) for about 30 - 60 mins. The pumpkin is cooked if the pumpkin feels soft when poked with a fork.
2. Layer each CORN THINS® slice with pumpkin & baby spinach, then crumble on some goat's cheese. Finally sprinkle on some pomegranate seeds. Enjoy.



Chunky Guacamole

INGREDIENTS

9 - 12 CORN THINS® slices
3 avocado cut into 1cm chunks
Juice of 1 lime
Juice of 1 lemon
200g of cherry tomatoes, chopped in half
2 cups rocket (chopped)
1 red onion, finely chopped
1 green chilli, seeds removed, finely chopped
1 garlic clove, crushed
1/2 cup Coriander (chopped)
Salt (to taste)

DIRECTIONS

1. To make the guacamole simple thoroughly mix the avocado, tomato, onion, rocket, coriander, lime juice, lemon juice, garlic & chilli together. Taste & add salt as needed.
2. Now you can enjoy the guacamole with the popcorn crunch & flavour of the CORN THINS® slices. Simply add a generous amount of the guacamole onto each CORN THINS® slice. Yum.

Avocado, Radish & Dukkah

INGREDIENTS

3 CORN THINS® slices
1 Radish (thinly sliced)
1 Small Avocado (thinly sliced)
Extra virgin olive oil (EVOO)
Dukkah

DIRECTIONS

Layer some radish across each CORN THINS® slice, then the avocado. Drizzle on some EVOO, then finish with a sprinkle of Dukkah.





Hommus & Haloumi

with baby spinach & char-grilled capsicum

INGREDIENTS

3 CORN THINS® slices
 60g of Haloumi (cut into slices)
 1 - 2 tbs Hommus
 Baby Spinach leaves
 Char-grilled capsicum
 1 tbs Olive oil (for cooking the haloumi)

DIRECTIONS

1. Cook the haloumi in a pan with olive oil. Cook on each side till it is lightly brown. This should take a few minutes on a medium heat.
2. Spread a generous amount of hommus across each CORN THINS® slice, then layer on some baby spinach leaves. Place the haloumi on top of the baby spinach, then finish with your desired amount of grilled capsicum. Sprinkle with seasoning, or dukkah if desired.



Falafel & Dill Salad

with arugula, carrot, pickled red onion & chilli

INGREDIENTS

6 CORN THINS® slices
 4 GF Falafel balls (break or cut into halves or quarters)
 4 Handfuls of rocket
 3 - 4 Tbsp of mayonnaise or hummus (your preference)
 1 small carrot (grated)
 2 Tsp of fresh dill (finely chopped)
 3 Tbsp of Pickled red onion (coarsely chopped up)
 1 Chilli (finely sliced)

DIRECTIONS

1. Crush CORN THINS® slices into small enough pieces to easily fit into your mouth in spoonfuls. Then mix all ingredients in a large bowl (including the broken CORN THINS® slices). Mix thoroughly so that the mayo/hummus is mixed well through the salad ingredients.

INGREDIENTS

3 CORN THINS® slices
 50 - 80g Smoked Salmon
 1-2 tbs Beetroot dip
 2 - 3 tsp Horseradish creme fraiche
 Dill

HORSERADISH CREME FRAICHE

1tbsp horseradish
 2/3 cup creme fraiche
 2 tsp dijon mustard
 1 tbsp chopped fresh chives

DIRECTIONS

1. Spread the beetroot dip across each CORN THINS® slice. Layer on some smoked salmon, then add a small dollop of the horseradish creme fraiche. Finally add a few sprigs of dill. Enjoy.
2. To make Horseradish Creme Fraiche - mix horseradish, creme fraiche, mustard & chives thoroughly in a bowl.



Roast Beetroot Dip

with smoked salmon, horseradish creme fraiche & dill



Chicken & Chilli

with carrot, cucumber, red onion, jalapeno & coriander

INGREDIENTS

3 CORN THINS® slices
 Onion (thinly sliced)
 Cucumber (thinly sliced)
 Chicken slices or left over BBQ chicken (shredded)
 Carrot (grated)
 Jalapeno (thinly sliced)
 Chilli Oil

DIRECTIONS

1. Simply layer on the chicken onto each CORN THINS® slice, then add the cucumber, carrot, onion & a small amount of jalapeno. Finally drizzle a bit of chilli oil.

Grilled Mushrooms

with brie & asparagus

INGREDIENTS

3 CORN THINS® slices
 50g Brie
 6 cooked Asparagus spears
 1/2 cup of mushrooms (sliced)
 1 tbsp olive oil
 1/2 clove garlic (crushed & finally chopped - optional)
 Salt & pepper (optional)

DIRECTIONS

1. Lightly cook asparagus spears in the microwave or steamer till a little bit soft. Put aside to cool.

2. To cook mushrooms, heat some oil in a saucepan. If desired once the oil is hot add

the garlic & cook till browning just starts, then add mushrooms. If the garlic is not desired, add mushrooms once oil heated. Stir mushrooms & cook till mushrooms look cooked (wet & a little brown) on all sides.

3. Once mushrooms have been cooked, spread brie across CORN THINS® slices, add asparagus, then mushrooms. Add salt & pepper if desired.



Dinner

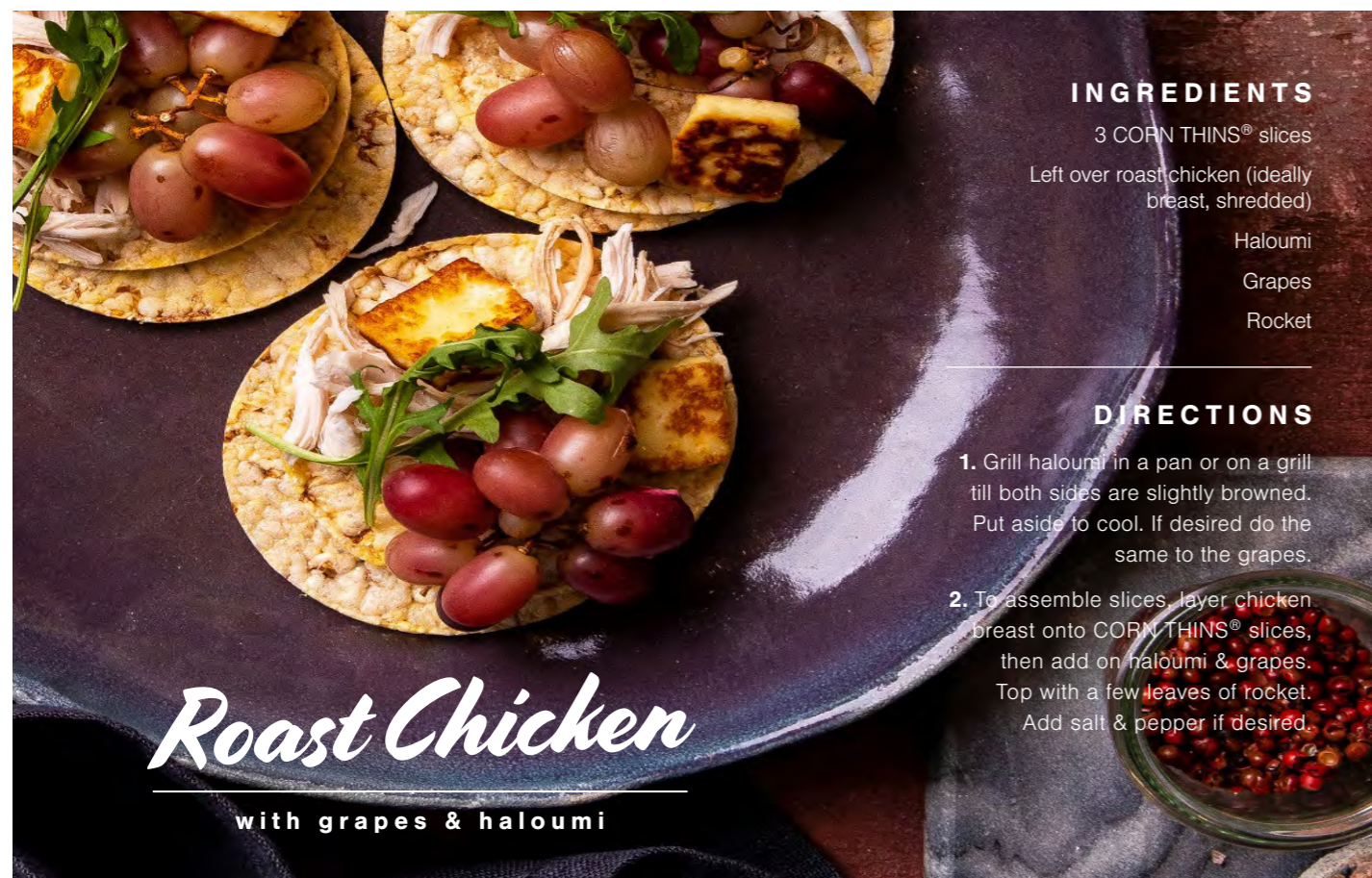
Corny Pizza

INGREDIENTS

- 4 CORN THINS® slices
- 1/2 zucchini (small)
- 1/4 cup corn kernels
- 1/2 onion (small)
- 1/4 red capsicum
- 2-4 slices cheddar cheese

DIRECTIONS

1. Finely cut the onion, zucchini and capsicum. Put them in a nonstick pan, add the corn kernels and cook for 5 mins, until they are softened.
2. Grate the cheddar cheese. Put a little on each CORN THINS® slice, divide the vegetables equally on each slice and then add some more cheese on top of the vegetables.
3. Put the slices under the grill for 5 mins, until the cheese melts.



INGREDIENTS

- 3 CORN THINS® slices
- Left over roast chicken (ideally breast, shredded)
- Haloumi
- Grapes
- Rocket

DIRECTIONS

1. Grill haloumi in a pan or on a grill till both sides are slightly browned. Put aside to cool. If desired do the same to the grapes.
2. To assemble slices, layer chicken breast onto CORN THINS® slices, then add on haloumi & grapes. Top with a few leaves of rocket. Add salt & pepper if desired.

Roast Chicken

with grapes & haloumi

Zucchini Schnitzel

with rocket, bocconcini, sundried tomato & basil

INGREDIENTS

- For Zucchini Schnitzel
- 75g of CORN THINS® Tasty Cheese slices (ground to a coarse crumb, like bread crumbs)
- 75g of CORN THINS® Tasty Cheese slices (ground to a fine flour)
- 2 large eggs (lightly whisked)
- 4 Medium zucchinis (sliced horizontally, about 3 slices per zucchini, after ends sliced off)

OTHER INGREDIENTS

- 8 CORN THINS® slices
- 4-6 Bocconcini balls (sliced)
- Rocket
- Sundried tomato
- Basil

DIRECTIONS

1. To make the zucchini schnitzel place the CORN THINS® flour, crumb & egg into different bowl. Then one after another dip the zucchini slices first in the CORN THINS® flour (shake off excess flour), then the egg, then the CORN THINS® crumb. You may need to press the zucchini down to ensure the crumb sticks well. Melt some butter in a non stick frying pan, then cook the coated zucchini in batches.
2. Cook using a medium heat, with each side of the crumbed zucchini taking 2-3 mins. Once golden brown transfer to a plate lined with some paper towels.
3. Once the zucchini schnitzel has been made and cooled down a bit, these can be added across each CORN THINS® slice, then topped with rocket, sundried tomato, a few basil leaves & the bocconcini slices. Season with salt & pepper.





Broccoli Corn Thins® Nuggets

INGREDIENTS

- 8 CORN THINS® slices, processed in food blender until a breadcrumb consistency
- 2 cups frozen broccoli pieces
- 3 large eggs, whisked
- ¾ cup reduced fat shredded cheddar cheese
- ½ tsp dried oregano
- ¼ tsp crushed garlic
- ¼ tsp salt

DIRECTIONS

1. Preheat oven to 176°C.
2. Place CORN THINS® slices into a food processor and process until a breadcrumb consistency. Spoon out 1 cups worth.
3. Thaw frozen broccoli and drain excess water.
4. Place broccoli with one cup of water in a microwave safe bowl. Microwave for 2½ minutes until broccoli is soft and a mushy consistency.
5. Drain broccoli and finely chop.
6. In a large mixing bowl add the broccoli, cheese, CORN THINS® slices, oregano, whisked eggs, crushed garlic and salt, and combine well.
7. Shape mixture into nugget shapes. If nuggets are not forming shapes add more processed CORN THINS® slices at 1 tablespoon increase at a time.
8. Place nuggets onto a lightly greased baking sheet using extra virgin olive oil spray.
9. Bake for 15 minutes. Flip the nuggets and bake for an additional 10 minutes or until the nuggets are golden brown and crunchy. Enjoy!



Pepper Steak Slices

with boiled egg, gem lettuce & lemon dill dressing

INGREDIENTS

- Leftover steak (cut into strips)
- 1-2 Boiled eggs
- Gem lettuce
- Lemon dill dressing
- Dill
- 3 CORN THINS® slices

DIRECTIONS

1. To boil the eggs, just add eggs to boiling water, then cook for 10 - 12 mins. Remove the shells under cool water, then slice.
2. Add a gem lettuce leaf to each CORN THINS® slice, then layer on some steak strips. Add the egg slices and drizzle on the lemon dill dressing. Finally add a couple of sprigs of dill & season with salt & pepper as desired.



Lemon Linguine

with Corn Thins® pangrattato

INGREDIENTS

- 400g gluten free linguine
- Sea salt
- Juice of 1 lemon
- Extra virgin olive oil
- Parmesan, to serve (optional)

CORN THINS PANGRATTATO

- 80ml extra virgin olive oil
- 5 Original CORN THINS® slices, crushed into a fine crumb
- 1 tsp dried chilli flakes
- 6 cloves garlic, finely chopped
- Finely grated zest of 1 lemon
- 2 tbsp chopped parsley leaves
- Sea salt and freshly cracked black pepper

DIRECTIONS

1. To make pangrattato, heat olive oil in a large frypan over medium heat. Add crushed CORN THINS® slices and chilli flakes and cook, stirring, for 3-4 mins until crispy and the oil has absorbed. Add garlic and lemon zest, season generously then continue to cook, stirring, for 2 mins until fragrant. Remove from heat and stir through parsley.
2. Bring a large saucepan of generously salted water to the boil. Cook linguine according to packet instructions. Drain, reserving 80ml of the cooking water. Return drained pasta to the pan, add reserved water, lemon juice and a splash of olive oil, toss to coat.
3. Divide pasta between four bowls and top with CORN THINS® pangrattato and parmesan (if using) to serve.



Sausage Rolls

INGREDIENTS

- 500g sausage mince
- 250g onions (about 1 ½ large)
- 1/4 tsp mixed herbs
- 6 CORN THINS® Original slices
- 2 small carrots
- 3 standard sheets puff pastry or equivalent gluten free puff pastry
- 1 egg yolk whisked with 1 tbsp water
- Sea salt and freshly cracked black pepper
- Poppy or sesame seeds, to decorate (optional)

DIRECTIONS

1. Process CORN THINS® slices in food processor to a fine crumb. Transfer to a bowl.
2. Process onion and carrot until finely chopped. Add sausage mince, CORN THINS® crumbs and herbs, season and process until just combined.
3. Divide mixture into 6 equal portions. Cut puff pastry sheets in half then roll each portion of meat mixture into logs the length of the pastry pieces. Line the log up along the long end of the pastry piece and roll to enclose. Cut each piece into quarters.
4. Preheat oven to 220°C fan. Line 2 baking trays with baking paper.
5. Brush with egg glaze (sprinkle with poppy or sesame seeds if desired) then bake for 20-25 mins, switching trays over half way through, until pastry is golden and flaky.



Snacks



Choc Puff Protein Bars

BAR INGREDIENTS

- 8 x CORN THINS® Original slices , crushed
- 1 scoop Chocolate Protein Powder
- 40g dark chocolate, melted
- 60ml Almond Milk
- 1 tbs honey or chosen liquid sweetener

TOPPING INGREDIENTS

- 20g dark chocolate, melted
- 1 tbs peanut butter of choice

DIRECTIONS

1. Melt dark chocolate in microwave over 20 second intervals (approx 50 secs in total).
2. Crush CORN THINS® slices and mix all bar ingredients.
3. Place in either a lined baking tray or silicone mould.
4. To make topping, mix 20g of dark melted chocolate and peanut butter in a plate and pour over bars.
5. Freeze for 30mins and you are done!
Makes a perfect pre or post workout snack.

Chocolate Crackles

INGREDIENTS

- 15 CORN THINS® Original slices
- 50g brown sugar
- 35g desiccated coconut
- 30g cocoa powder
- 250ml melted unrefined coconut oil

DIRECTIONS

1. Roughly break up the CORN THINS® slices into pieces about the size of blueberries (we find this step is best done by hand as a food processor makes the crumb too fine).
2. Combine CORN THINS® pieces, sugar, coconut and cocoa powder in a bowl and mix well to coat. Add melted coconut oil and mix very well.
3. Line a standard 12 hole muffin pan with patty cases and fill with the mixture. Refrigerate for 4 hours or until set.



Orange & Pistachio Cookies

INGREDIENTS

- 180ml neutral flavoured oil (we used grapeseed oil)
- 150g brown sugar
- 3 eggs at room temperature
- 1 x 150g packet CORN THINS® Original
- 120g almond meal
- 2 tsp baking powder
- 100g wholemeal spelt flour (substitute wholemeal GF flour)
- 1 tsp vanilla bean paste
- Lightly grated zest from 2 oranges (reserve zested oranges for juice)
- Pinch sea salt
- Finely chopped pistachios,

CITRUS GLAZE

- 20g butter, melted
- 100g freshly squeezed orange juice
- 200g icing sugar mixture

DIRECTIONS

1. Preheat a fan forced oven to 160°C. Line 2 large baking trays with baking paper.
2. Combine oil and brown sugar in the bowl of a stand mixer (or use a handheld mixer) and mix on medium speed for 5 mins. With the mixer running add eggs, one at a time, until incorporated.
3. Blitz the CORN THINS® slices in a food processor or blender until a fine crumb. Add to the sugar mixture with almond meal, wholemeal flour, baking powder, vanilla paste, orange zest and a pinch of salt. Juice one of the reserved oranges and add the juice then beat until just combined.
4. Scoop the dough into 30 equal portions (we use a cookie scoop to do this), roll into balls and space out over the prepared baking trays. Press the tops of the cookies down with the back of a spoon to flatten then bake for 22 mins, swapping the trays around after 11 mins, then remove from the oven and allow to cool completely on the trays.
5. To make the glaze, whisk together all ingredients until smooth. Drizzle over the cookies then sprinkle with finely chopped pistachios to decorate.

Teddy Bears

INGREDIENTS

- 1 banana (sliced)
- 4 CORN THINS® slices
- Nut butter
- 12 chocolate chips

DIRECTIONS

1. Spread nut butter onto each CORN THINS® slice. Then place the banana slices onto the CORN THINS® slices as the bear's ears & nose, then pop on some choc chips where the eyes and nose should be. Enjoy

Enjoy Corn Thins® 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, these thin, crunchy corn cakes are perfect on their own or topped with your favourite ingredients. And unlike rice cakes, Corn Thins® slices are made from corn and have a naturally delicious popcorn flavour, so you can enjoy them anytime, anywhere. So why wait? Try the delicious popcorn taste of Corn Thins® slices today and discover a whole new world of snacking possibilities!

For more enticing recipes using Corn Thins®, log onto www.CornThins.com

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