

# ABOUT THE RECIPE

In any school party or gathering, someone will always offer to bring crocantes and those will be the first to be gone, no matter what. At first, it seemed too hard to create these snacks, but after making them a couple of times it is one of the easiest recipes of this collection.

The crunchy cereal mixed with the delightfulness of the dulce de leche, creates a perfect bite everytime. It's a quick snack to make and it will suit to almost everyone's taste.

Creating your own dulce de leche is thrilling and exciting as you should be careful from crystalising the sugar or even burning the condensed milk. After a few tries, you will get the hang of the perfect time to pour and stir the ingredients together.

Bring these to your next social gathering and it will certainly be a hit!





TAKE ME TO THE  
MARKET WITH YOU!  
PLEASE

GROCERY  
SHOPPING LIST

have    need    got

—	—	—	corn flakes
—	—	—	condensed milk
—	—	—	butter
—	—	—	sugar

ingredients for crocantes

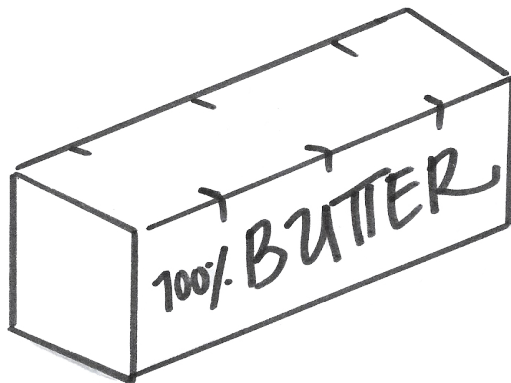
# INGREDIENTS



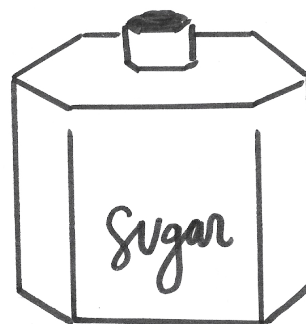
200g of  
corn flakes cereal



1 can of  
condensed milk



4 tbs. butter



1 cup of sugar

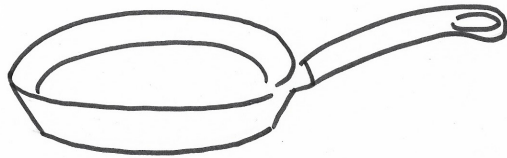
# BY THE WAY

If you follow a rigid diet or have any food allergens, these are the following ways you can modify the ingredients to your needs.

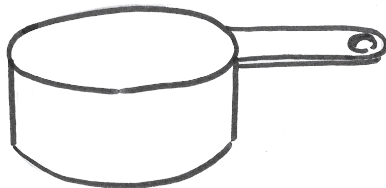
- corn flakes, you can switch it out for a gluten free alternative or any other crunchy cereal of your choice.
- butter can be switch out for any alternatives like coconut oil or vegan butter.
- granulated sugar could be switched out for brown sugar, honey or coconut sugar.

\*PLEASE CONSULT WITH YOUR NUTRICIONIST OR PHYSICIAN IF YOU HAVE ANY CONCERNS OF QUESTIONS ABOUT ANY INGREDIENT OR FOOD ALLERGEN.

# UTENSILS



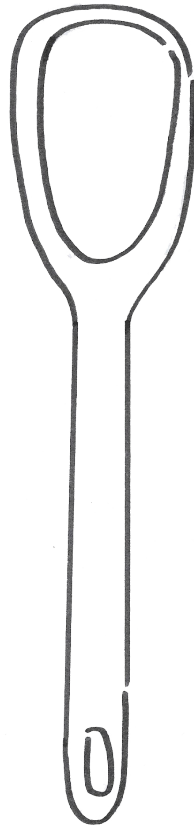
frying pan



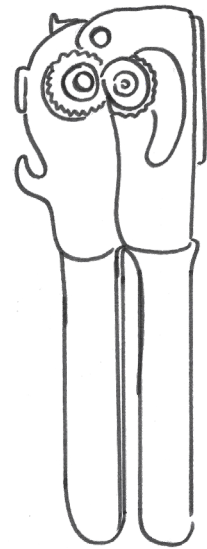
measuring  
cup



measuring  
spoon



wooden spoon

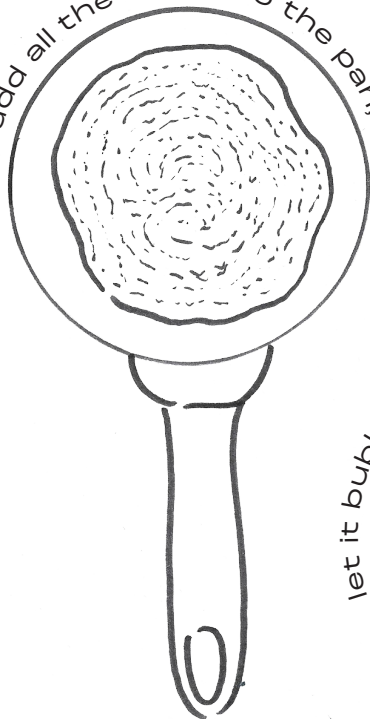


can opener

# COOKING

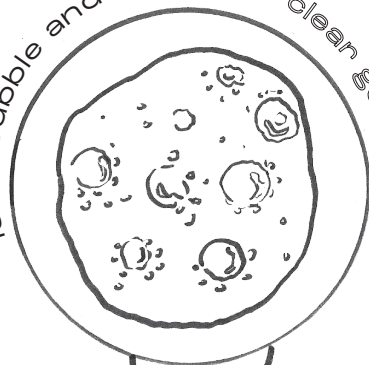
the batter

add all the sugar to the pan,

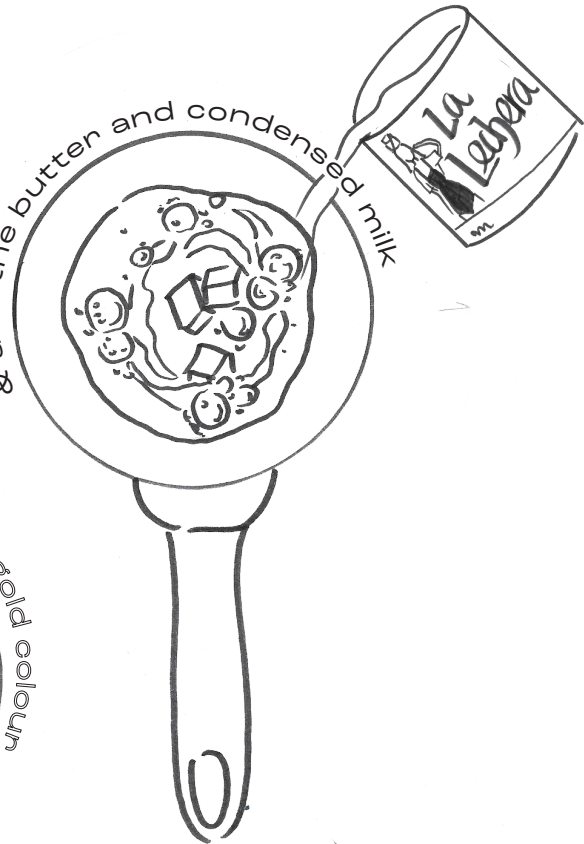


on med heat

let it bubble and become a clean gold colour



& add the butter and condensed milk



on low heat



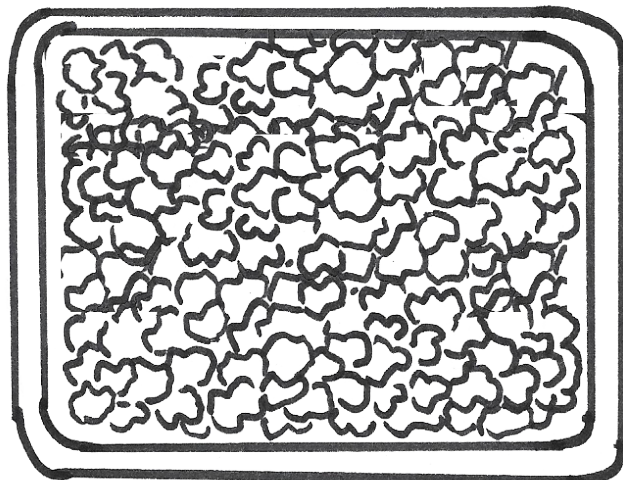


heat **OFF**

# MOLDING

the sweets

you can either place the batter in a

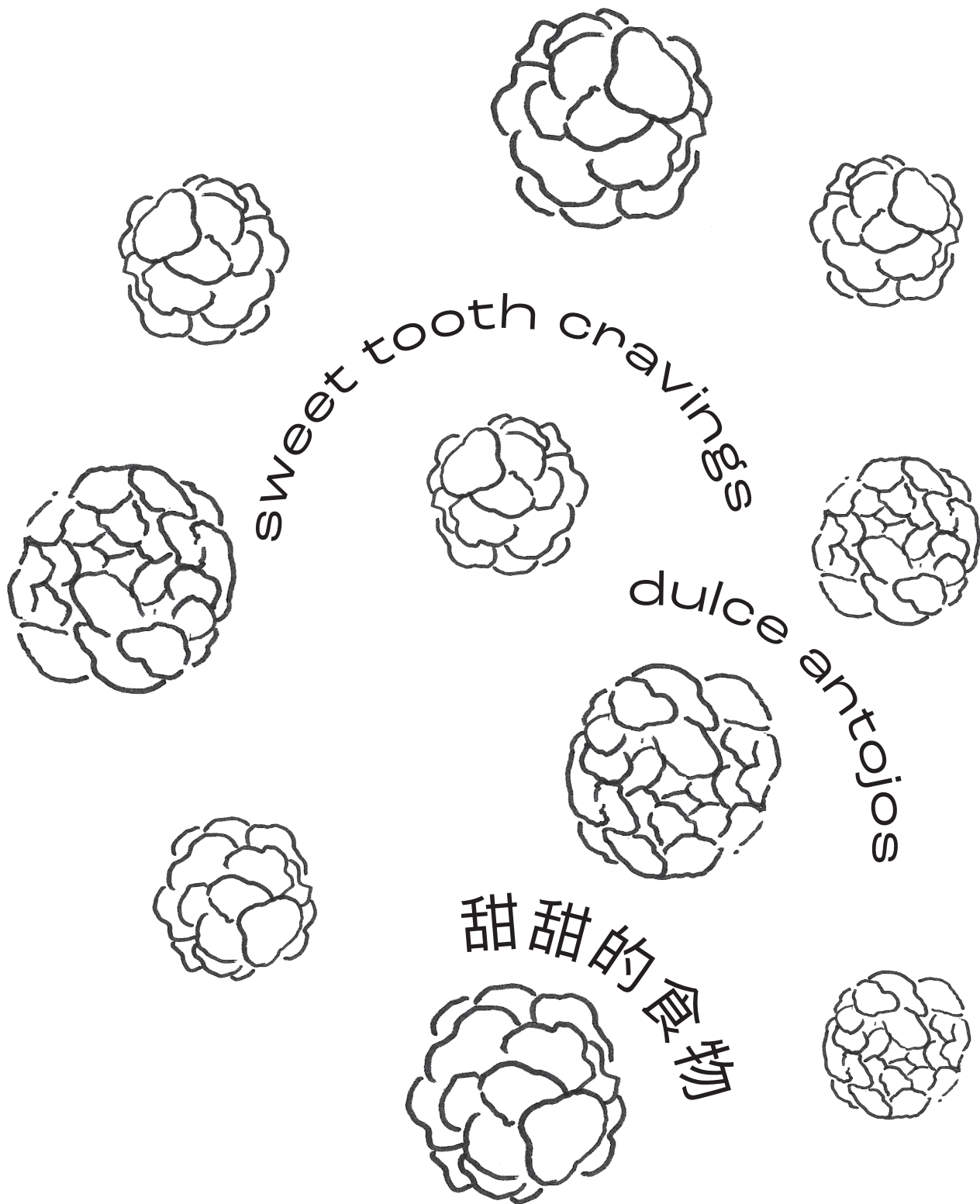


they and let it cool down on

roll them into bite size balls



& now they are ready to eat!



sweet tooth cravings

dulce antojos

甜甜的食物

# JUST IN CASE

## MAKING THE BATTER

- Add the sugar evenly on the frying pan and set your stovetop to medium heat.
- Wait until the sugar caramelises, there is no need to stir the sugar.
- Turn the stove to low heat. Add the condensed milk and mix together, until they are all incorporated.
- Pour in the butter<sup>1</sup> and continue stirring to mix all the ingredients together.
- Add the cereal flakes and stir them for a few times.
- Turn off the heat, and continue to coat the flakes with the sugary liquid.

## MOLDING / ROLLING

- Once the flakes have cooled down<sup>2</sup> and they are warm to touch you can mold them.
- Pick either one:
  - the classic way \_grab spoonfuls of the batter and roll them to create the sweet balls.
  - the fancy way \_place all the batter in a flat tray and let it cool down completely, then you can cut them into small squares<sup>3</sup>.

1 it is easier if the butter has been melted beforehand.

2 don't let them cool down too much: as once it hardens it will be hard to mold.

3 if you have an extra sweet tooth, you can add nutella or any nut butter on top!