

Party Mix

M, E, P, S, N

- 1 cup miniature milk-free, egg-free marshmallows
- 1 cup small pretzels, broken up
- 1/2 cup raisins
- 1 cup crispy rice cereal
- 3/4 cup Cheerios®
- 2 cups air-popped popcorn
- 1/2 cup tortilla chips

Combine all ingredients in a large bowl. Stir well and serve.

-- *Marief F. and Bethany S., Fairfax, VA*

The following symbols are used to indicate recipes that are free from a food allergen:
M = Milk-free, E = Egg-free, W = Wheat-free, P = Peanut-free, S = Soy-free, N = Nut-free

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Vegetable Dip

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- 1 block tofu
- 1/4 tsp. garlic powder
- 2 T. soy sauce
- 1/4 cup onion, finely chopped

In food processor, mix tofu until smooth. Continue processing and add garlic powder, soy sauce, and onion. Mix well. Pour into serving dish. Chill and serve.

Suggestion: Cut colorful vegetables into bite-size pieces for your friends to dunk in Vegetable Dip before eating.

-- *Melanie N., Baltimore, MD*

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Chocolate Bite Cookies

M, E, P, S, N

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|-------------------------------|-----------------------------|
| 1 cup flour | 2/3 cup milk-free, soy-free |
| 2 T. unsweetened cocoa powder | margarine, softened |
| 1 tsp. baking powder | 1/2 cup sugar |
| 1/8 tsp. salt | 1/2 tsp. vanilla extract |

Preheat oven to 375 degrees. In large bowl, beat margarine and sugar with an electric mixer until creamy. Add vanilla extract; stir again. Mix in flour, cocoa powder, baking powder, and salt. Stir until well-blended. Drop 2 inches apart onto ungreased cookie sheets. Bake 15 to 18 minutes, or until firm. Allow to cool slightly before gently moving to wire racks to cool completely.

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Caramel Popcorn

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- 1/2 cup popping corn
- 1 3/4 cups honey
- 1/4 cup milk-free, soy-free margarine
- 1/3 cup water
- 1/4 tsp. salt

Pop popping corn. Set aside. Grease baking sheets. Set aside. Combine remaining ingredients in saucepan and bring to boil over medium heat, stirring continuously. Continue cooking, stirring occasionally, until mixture reaches 280 degrees (use candy thermometer). Pour caramel mixture over popcorn; stir until well coated. Spread on baking sheets to cool.

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