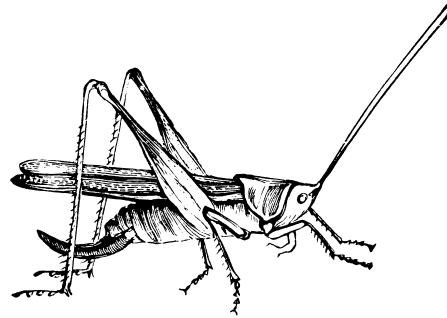


CHIRPY CHEX PARTY MIX

Ingredients:

- 6 T Margarine or Butter
- 2 T Worcestershire Sauce
- 1 T Lawry's Seasoned Salt
- 2 tsp Garlic Powder
- 2 tsp Onion Powder
- 1 tsp Ground Pepper
- 1/2 tsp Chili Powder
- 8 c Chex Cereal
- 2 c Crispy Crickets (recipe follows)
- 1 c Pretzels
- 1 c Dry-roasted Peanuts



Procedure:

1. Preheat oven to 250 degrees.
2. In an open roasting pan, melt margarine. Stir in Worcestershire sauce and other seasonings.
3. Add remaining ingredients and stir until each piece is evenly coated with seasoning mixture.
4. Bake 1 hour at 250 degrees, stirring every 15 minutes

Crispy Crickets Recipe

1. To make 1 cup of Crispy Crickets, preheat oven to 225 degrees. Strip the antennae, limbs and wings from 20-30 clean, frozen adult crickets or 40-60 cricket nymphs. The best cooking results are obtained if all the crickets are roughly the same size.
2. Spread the stripped crickets on a lightly oiled baking sheet and place in oven. Bake until crickets are crisp, around 20 minutes.