

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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3 CORN THINS® slices
2 eggs
1 tbsp milk
1/2 tbsp Sesame Oil
1/2 tsp Sesame seeds
1 tbsp Nori (finely chopped up)
Salt & Pepper for seasoning

- **1.** Crack eggs in a bowl and add the milk & a pinch of salt & pepper for seasoning.
- 2. Whisk mixture with a whisk or fork.
- **3.** Using a low medium heat, heat oil in a medium pan, then add egg mixture. Leave for 1 1/2 minutes till egg starts to set.
- **4.** Use a spatula to stir and move mixture so any uncooked egg comes into contact with the pan and cooks. Once the egg is cooked remove the pan from the heat.
- **5.** Put 3 CORN THINS® slices on a plate, then spoon the scrambled egg onto the slices. Sprinkle with the sesame seeds & nori. Add more salt & pepper if desired.



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

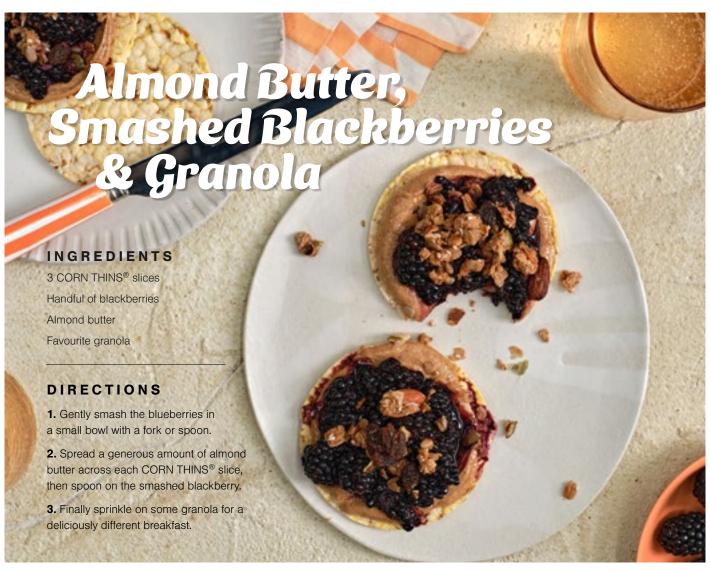
Stewed or canned peaches (2-3 half peaches)

Stewed or canned plums (2-3 half plums)

Handful of pistachios (crushed)

Honey, to sweeten (optional)

- **1.** Combine all ingredients, except peaches, plums & pistachios, 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, peaches, plums, pistachios and honey to sweeten (if desired).





3 CORN THINS® slices
Granola (store bought or
Granola Recipe)
3 tbsp Greek yoghurt

Raspberries

DIRECTIONS

1. Spread the Greek yoghurt across each Corn Thins® slice, then add a generous amount of granola. Finally top with some raspberries. Yum!



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.



1/2 cup water

3/4 cup brown sugar

1/4 cup maple syrup

2 tbsp rice bran oil

100g dark chocolate, roughly chopped

5 cups rolled oats

15 CORN THINS® (Original) slices crushed into small pieces

3/4 cup coconut flakes

1/2 cup whole roasted almonds

1/3 cup malt powder

2 tbsp cocoa

1/2 tsp sea salt

- **1.** Preheat oven to 170°C (150°C fan). Line a large baking tray with baking paper.
- 2. Combine water and sugar in a small saucepan over medium heat and stir until the sugar is dissolved. Bring to the boil and cook for a further 1 minute. Remove from heat, add maple syrup, oil and chocolate and whisk until well combined.
- **3.** Place the oats, crushed CORN THINS® slices, coconut flakes, almonds, malt powder, cocoa and salt in a large bowl and mix until well combined. Pour over the hot syrup and mix until well combined.
- **4.** Spread over the prepared tray and bake for 30 minutes, stirring occasionally, or until crisp and golden. Set aside to cool completely on tray.
- **5.** Serve with milk and fresh fruit. NOTE: Store any unused muesli in an airtight container



The Lunch Box Leftover

INGREDIENTS

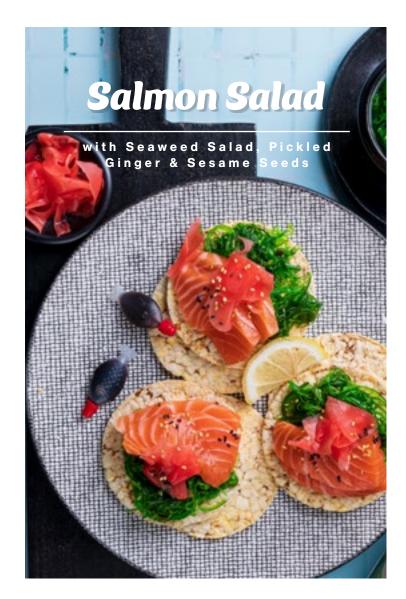
- 2 Qukes cucumbers
- 2 CORN THINS® Sesame Slices
- 2 tbsp cottage cheese
- 2 soft-boiled eggs
- 4 cherry tomatoes

Everything Bagel Seasoning

Sea salt

- **1.** Soft boil two eggs to your preference.
- **2.** Plate two CORN THINS® Slices and spread 1 tbsp over each CORN THINS® Slice evenly.
- **3.** Cut cherry tomatoes in half and place 4 halves on each CORN THINS® Slice.
- **4.** Sprinkle Everything Bagel seasoning on top of the CORN THINS® Slices.
- **5.** Cut Qukes cucumbers into long quarters and plate them.
- **6.** Once eggs are soft boiled cut into halves and plate.
- 7. Sprinkle sea salt to taste and enjoy!

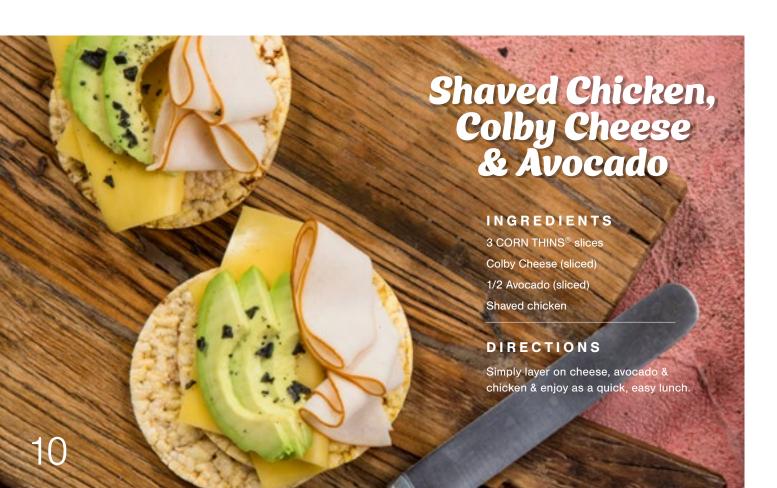




3 CORN THINS® slices
Seaweed Salad
100g Sashimi Salmon
Pickled Ginger
Sesame seeds

DIRECTIONS

1. Layer on desired amount of seaweed salad to each CORN THINS[®] slice, then add some salmon, pickled ginger, then sesame seeds. Finally add some pepper &/or salt if desired









10-12 CORN THINS® slices 80 ml (1/3 cup) soy sauce 60 ml (1/4 cup) lime juice

1½ tsp ginger, finely grated

1 small garlic clove, crushed

½ tsp dried chilli flakes, plus extra, to serve

1 tsp sesame oil

500 g sashimi-grade tuna, cut into 1.5 cm pieces

3 spring onions, 2 thinly sliced, 1 shredded

2 Lebanese cucumbers, cut into wedges

1 avocado, flesh scooped, cut into wedges

1 tbsp toasted white sesame seeds

- 1. There is a great recipe for Poke on the SBS website (Tuna Poke Bowl), but rather than using the boiled rice, use 2-3 CORN THINS® slices per person. So much more delicious with CORN THINS® slices than boiled rice.
- 2. To make the Tuna Poke combine soy sauce, lime juice, ginger, garlic, chilli flakes and 1 tsp sesame
- oil in a bowl and whisk to combine. Add tuna and sliced spring onion, and stir to coat. Season with salt and pepper.
- **3.** Top each CORN THINS® slice with cucumber, avocado and tuna mixture. Serve scattered with remaining shredded spring onion, sesame seeds and extra chilli flakes.



3 CORN THINS® slices

Brie

Pepita seeds

Honey

Rosemary

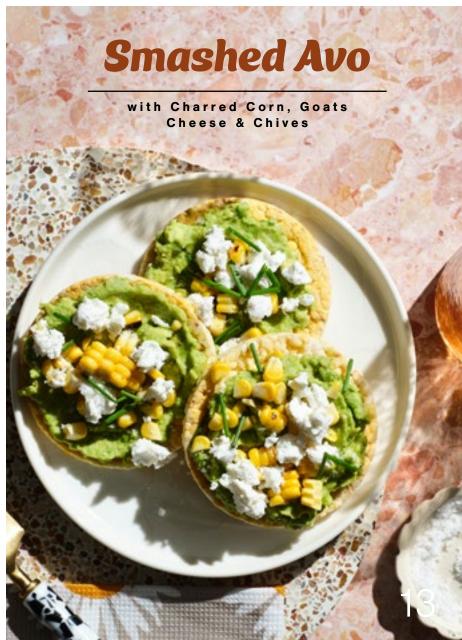
DIRECTIONS

1. Place a generous amount of Brie onto each CORN THINS® slice, then sprinkle on the pepita seeds & drizzle with honey. Top with a few sprigs of rosemary.

INGREDIENTS

6 CORN THINS® slices
1 large ripe Avocado
1-2 tsp vinaigrette or favorite salad dressing
1 corn cob
1-2 tbs of goats cheese
1-2 tbs of chopped chives

- 1. To make the grilled corn on the cob preheat a grill to high, then place the corn cob on the grill to cook, turning the cob often, till there is a char all over the cob. This should take about 10 mins. Add a little butter & salt to the warm cob, then put the cob aside to cool slightly. Once cool to touch, use a large knife to cut the corn from the cob.
- 2. To make the smashed avocado, gently mash the avocado in a small bowl. Mix with the vinaigrette & taste. Add a little more vinaigrette &/or salt if needed.
- 3. Spread the avocado smash across each CORN THINS® slice, sprinkle on the corn, goat's cheese & chives. Season with salt & pepper, if desired, then enjoy.





3 CORN THINS® slices

Onion (thinly spiced)

Cucumber (thinly sliced)

Chicken slices or left over BBQ chicken (shredded)

Carrot (grated)

Jalapeno (thinly sliced)

Chilli Oil

DIRECTIONS

1. Simply layer 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.





Air Fryer Corn Thins Prawn Toasts

INGREDIENTS

200g peeled and deveined green prawns

Sea salt and freshly cracked black pepper

2 tsp grated ginger

6 CORN THINS® slices

2 cloves garlic, finely chopped

Black and white

1 egg white

sesame seeds

1 tsp soy sauce

Sweet chilli sauce, to serve

1 tsp sesame oil

- **1.** Combine prawns, ginger, garlic, egg white, soy sauce and sesame oil in a small food processor, pulse until it becomes a chunky paste.
- 2. Season with salt and pepper and spread evenly over 6 CORN THINS® slices.
- **3.** Sprinkle generously with sesame seeds and air fry on 200°C for 8 mins. Serve with sweet chilli sauce.





28 CORN THINS® slices
430g can brown lentils

430g can brown lentils

1 finely chopped small onion

1 large egg lightly beaten

1.5 cups dry gluten free breadcrumbs (ideally whole grain)

2 cups cooked brown short-grain rice

2 tbs extra virgin olive oil

2 tbs 100% peanut butter

2 tbs tomato paste (recommend a variety with added herbs and garlic)

½ cup finely chopped celery

1/2 tsp mixed herbs

½ tsp dried basil leaves

½ cup grated carrot

1/2 tsp salt

- **1.** Place the extra virgin olive oil and ½ cup of bread crumps to the side.
- 2. Add remaining ingredients into a large mixing bowl and combine well.
- **3.** Shape the mixture into 14 burgers using ½ cup measuring cup.
- **4.** Cover patties with the $\frac{1}{2}$ cup of breadcrumbs set aside and put patties into the fridge for half an hour.
- **5.** Place 1 tablespoon of extra virgin olive oil in a non-stick frying pan and heat the oil.
- **6.** Over a medium heat cook half the burgers until golden and crisp (around 5 minutes each side).
- **7.** Using the second tablespoon of extra virgin olive oil repeat this process with the remaining patties.
- **8.** Serve using CORN THINS® slices as a burger bun replacement and a side of your favourite salad.





500g gluten free elbow pasta

50g butter

50g gluten-free plain flour

1L full cream milk

350g mixed grated cheese (we used tasty, mozzarella and parmesan)

1 burrata

White pepper and sea salt flakes

8 CORN THINS® Tasty Cheese slices, roughly crushed

- 1. Preheat a fan forced oven to 200°C.
- **2.** Bring a large saucepan of water to the boil. Once boiling, add pasta and cook for 3/4 of the recommended time on the pasta pack. Drain and set aside.
- **3.** Meanwhile, to make the sauce, melt butter in a medium sized saucepan over medium heat. Add flour, whisking well and allowing to cook for about 1 min before adding milk, 60ml at a time, whisking well between each addition until all milk is incorporated and you have a smooth
- sauce. Add 250g of the grated cheeses. Stir well until cheese melts and sauce thickens. Season to taste with salt and white pepper then add the pasta and stir to coat.
- **4.** Spoon pasta mixture into a large, deep baking tray. Bury the burrata into the centre of the pasta bake, then sprinkle evenly with remaining cheese and crushed CORN THINS® slices and bake for 35-40 mins or until golden and crispy on top.



3 CORN THINS® slices

2-3 Tbsp of kimchi

Mozzarella cheese (grated)

1 tsp sesame seeds

DIRECTIONS

- **1.** Spread the kimchi across each CORN THINS® slice, then cover with mozzarella cheese. Sprinkle with some sesame seed.
- **2.** Finally place the slices under a grill, or in an oven at 180 C till the cheese melts. This should only take a few minutes. Let slightly cool, then enjoy.



Family Friendly Salmon Cakes

INGREDIENTS

200g canned salmon with bones in springwater (water drained)

5 CORN THINS® slices

½ cup red onion finely chopped

2 tbps chopped fresh dill

1 lightly beaten large egg

1 tbps reduced-fat mayonnaise

2 tsp horseradish

- **1.** Place CORN THINS® slices in a food processor and process until a the slices have a crumb's consistency.
- 2. In a medium size bowl mix all the ingredients together.
- **3.** Form the mixture into 4 equal-size patties.
- 4. Using extra virgin olive oil spray, coat a medium non-stick pan.
- **5.** Heat over medium heat and cook the salmon cakes on both sides until golden brown.



6 CORN THINS® slices

1/4 cup of low-fat milk

1/2 tsp extra virgin olive oil

2 large eggs

1/2 cup chopped cherry tomatoes

2 tbs grated cheddar cheese

Herbs and spices to season

- **1.** Place 3 CORN THINS[®] slices into a food processor process until a crumb.
- **2.** In a mixing bowl whisk the eggs, half the cheese and milk. Add herbs and spices.
- 3. Heat grill to high temperature.
- **4.** Place extra virgin olive oil into a skillet on medium heat.
- **5.** Add the CORN THINS[®] crumb into the pan and shake to spread out over the entire pan.
- **6.** Add the mixture from the mixing bowl into the pan making sure the

- mixture covers all the way to the edges of the pan.
- **7.** Sprinkle the remaining cheese on top of the mixture.
- 8. Cook the mixture for 3 minutes
- **9.** Place the pan into the oven/grill and grill until golden brown on top (approximately 2 minutes).
- **10.** Remove from the grill and allow to cool until warm.
- **11.** Serve with 2-3 CORN THINS® slices on the side and enjoy!





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.

INGREDIENTS

12 Original CORN THINS® slices

260g caster sugar

90g butter, cubed

125ml thickened cream

1 tbsp shiro (white) miso

1/2 tsp sea salt

2 cups salted, roasted peanuts

1 packet dark chocolate melts

- 1. To make the miso caramel, add sugar to a medium, heavy-based saucepan. Stir constantly until sugar has completely dissolved then remove from heat, whisk in butter (be careful as it will spit) then pour in thickened cream in a slow, steady stream, whisking constantly. Whisk in miso and salt then allow to cool to room temperature.
- 2. Dip each CORN THINS® slice in caramel and sprinkle one side of each with peanuts. Arrange on two trays lined with baking paper and freeze for at least 1 hour.
- 3. Sandwich together the CORN THINS® slices (non-peanut sides press together). Melt chocolate and drizzle over the top of each sandwich. Allow chocolate to set before serving.

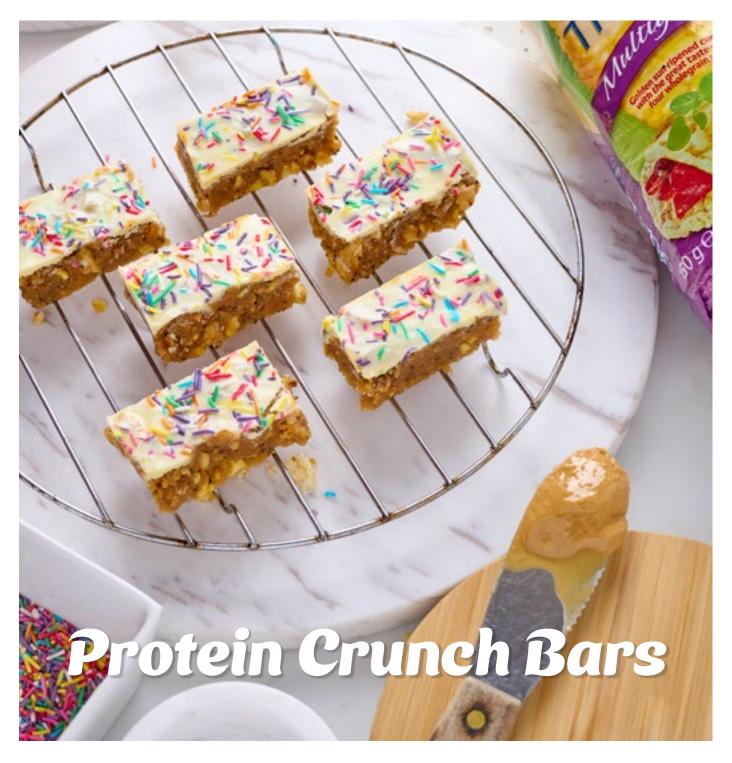




1 x 150g packet CORN THINS® Original 90g butter, melted 500g store-bought raspberry jam 330g caster sugar 2 tbsp gelatine powder 1 tsp vanilla extract 450g dark chocolate melts

- **1.** Grease and line the base and sides of a 23x33cm rectangular baking tin.
- 2. Roughly break up the CORN THINS® slices and place into a food processor. Blitz to a very fine crumb then add melted butter and process until the mixture becomes sticky. Pour into the prepared tin, smooth the surface using a spatula, then use a flat-bottomed glass to press the mixture, compacting it into the tin. Freeze for 10 mins.
- **3.** Spread the jam over the CORN THINS® crumb layer then refrigerate as you prepare the marshmallow.
- **4.** Combine caster sugar in a saucepan with 165ml water. Stir over a medium heat until the sugar has completely dissolved.

- **5.** Whisk the gelatine with 165ml cold water then add to the hot sugar mixture and stir until the gelatine dissolves. Pour into the bowl of a stand mixer fitted with whisk attachment then allow to cool to room temperature.
- **6.** Once the mixture has cooled, whisk on HIGH for 8-10 mins until the marshmallow is thick and holds a medium-stiff peak. Spread over the jam mixture, smoothing the surface, then refrigerate until set.
- **7.** Melt the chocolate and pour over the set marshmallow layer, refrigerate until the chocolate is hard. Use a very sharp, hot knife to cut the slice into pieces.



1 cup crushed CORN THINS® Multigrain Slices
90g vanilla protein powder
1 tbsp chia seeds
½ cup peanut butter
2 tbsp coconut oil
½ cup sugar-free maple syrup
½ cup white chocolate chips
1 tsp coconut oil
Sugar-free sprinkles

- **1.** Preparation: Line a loaf tin with baking paper
- 2. Wet Ingredients: Combine peanut butter, coconut oil, and sugar-free maple syrup in a microwave-safe bowl. Microwave in 15-second increments until the mixture is combined and melted.
- **3.** Dry Ingredients: Add vanilla protein powder to the melted mixture and mix until smooth. Stir in crushed CORN THINS® Slices and chia seeds until well combined.
- **4.** Assembling: Pour the mixture into the prepared loaf tin. Use a spoon to create a level top.
- **5.** Topping: In another microwave-safe bowl, combine white chocolate chips and coconut oil. Microwave in 15-second increments until the mixture is smooth. Pour the melted toppings over the mixture in the tin. Sprinkle sugar-free sprinkles on top.
- 6. Refrigerate mixture until hardened.
- **7.** Once hardened slice into desired portions and enjoy!



2 cups oats
2 tbsp Capilano honey
1 tsp cinnamon
1 tbsp oil
1 cup almond milk
1 egg
1 apple, diced

CRUMBLE

3 CORN THINS® Slices, crushed 1 tbsp Capilano honey

DIRECTIONS

- 1. Preheat oven to 180 degrees
- 2. In a mixing bowl, combine oats, Capilano honey, cinnamon, oil, almond milk, and egg. Once combined, add diced apple and stir.
- **3.** Line a baking dish with greased baking paper.
- **4.** Pour the mixture into the prepared dish.
- **5.** Bake the base for 15 minutes.

- **6.** While the base is baking, mix the crushed CORN THINS[®] Slices with Capilano honey to create the crumble.
- **7.** After 15 minutes, remove the base from the oven.
- **8.** Sprinkle the prepared crumble evenly over the partially baked base.
- 9. Bake for an additional 10 minutes.
- **10.** Enjoy! For optimal freshness, store leftovers in the refrigerator.



INGREDIENTS

3 CORN THINS® slices

Handful of dried apricot (cut into small pieces

Handful of choc chips

Handful of pecan nuts (lightly crushed)

- **1.** So many options for trail mix, but here we have chosen a sweet version, but feel free to experiment and try different ingredients sweet or savoury.
- 2. For this version coarsely crush the CORN THINS slices, then mix in the pecans, apricot pieces & choc chips. Put in a resealable bag or container & munch on at your desk at work, or when you need a pick me up when out and about.



Tasty Teddy Bears

INGREDIENTS

1 tbsp peanut butter

1 tbsp hazelnut spread (Nutella, Pana Organic, etc)

1 banana

DIRECTIONS

- on top of the CORN THINS® Slice to form ears.
 - 3. Position two small half banana discs toward the
- centre of the CORN THINS® Slice to create eyes.
- 4. Use half of a large banana disc to form the smile at the
 - 5. Put two blueberries on either side of the mouth for little cheeks.

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® slices, log onto www.cornthins.com



