

Melt butter over low heat. Add sugar and salt; stir in corn syrup. Gradually add milk. Cook to firm ball (245 degrees); stir frequently. Remove from heat, add vanilla. Pour into buttered oblong pan.

When cool, cut into bite-size pieces; twist wrap in pieces of waxed paper.


English Toffee
. 2 cups sugar

- 1 cup water

1 lb . butter
-1/2-2 cups whole almonds
2-7oz. Hershey Bars
Finely chopped almonds
Put 2 cups sugar and 1 cup water in deep heavy pan. Cover and bring to a boil. Allow to boil for 5 minutes (or until 230 degrees F). Uncover and add butter one cube at a time, stirring constantly and allowing butter to melt before adding another cube. Cook on highest heat while stirring vigorously with a figure eight motion. Add $11 / 2-2$ cups whole almonds. Cook until nuts pop or until toffee is golden brown. (Smoke may bil ow out of the pan, so do not be alarmed.) Pour into buttered elly roll pan and spread out.

Place Hershey bars on top of hot mixture, allow them to soften and then spread over toffee. Sprinkle with finely chopped almonds. Allow to harden and cool completely; cut into desired serving sizes.
fudge
1 lb . Milk chocolat
22 oz. semi-sweet chocolate chips 1 pint Marshmallow Crème
4½ cups sugar
1 large can evaporated milk 1/3 cup butter


Break chocolate into small pieces; add chocolate chips and marshmallow crème and mix in food processor.

Bring sugar, evaporated milk and butter to a roiling boil while stirring constantly. Boil to a soft ball stage (234-240 degrees).

Immediately pour mixture over ingredients in food processor and process until smooth. Pour quickly into buttered $9 \times 13$-inch pan.
'd love to highlight some of your favorite recipes in the months to come. Please call or email me, and we'll arrange something - perhaps evening a "tasting" party with a glass of wine or two!

Share your favorite family recipe or the dish you just can't put down! Can be
fast and easy, or elegant and gourmet..as long as it is delicious! E-mail the
ingredients, detailed instructions and
morganwood1@gmail.com

## HIGHER STANDARDS, GREATER RESULTS

## Drop-in for a

FREE INTRODUGTORY SESSION: Check out the free intro class schedule on our website

Visit www.crossfitedenprairie.com and click on "Get Started" to learn how to become apart of our CrossFit community.

## CRESSFIT

9053 Flying Cloud Drive, Eden Prairie MN 55347

651-214-2012
info@crossfitedenprairie.com www.crossfitedenprairie.com

