

FANDOM STEM

Flaming Fire Flakes

Avatar: The Last Airbender, includes plenty of interesting foods throughout the series. One of the best-known snacks on the series is the flaming fire flakes from the Fire Nation!

Ingredients:

2 cups of raw sliced almonds (Substitution: corn flakes, thin crisp crackers)
3 teaspoons of ground cinnamon
3 teaspoons of brown sugar
1 teaspoon of ground cayenne pepper (up to 2 tsp if you like more heat)
4 tablespoons of organic agave or honey
1 teaspoon of vanilla extract
sea salt to taste

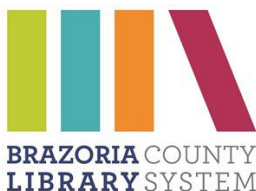


Directions:

1. Preheat the oven to 325 degrees and line a cookie sheet with parchment paper or a greased piece of aluminum foil.
2. Place almonds (or your substitution) into a mixing bowl and add the cinnamon, sugar, cayenne, agave (or honey), and vanilla. Add more cayenne if you want your snack to have more of a kick!
3. Lightly toss the mixture to thoroughly coat each piece.
4. Spread the snack pieces evenly on the cookie sheet and sprinkle them with sea salt.
5. Bake for 10 minutes.
6. Remove from oven and toss the snack pieces a second time (they will be sticky).
7. Put the mixture back in the oven for an additional 10 minutes.
8. After baking and before it cools, spread it in a single layer on a new piece of parchment paper or greased aluminum foil.
9. Let the mixture cool, break it into pieces and store in a covered container.

Notes:

Microwave your snack for a few seconds before eating if you want them to be truly, "flaming"!
https://recipes.fandom.com/wiki/Flaming_Fire_Flakes



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