

# Halloween

Blu Arlan



## Gruelkola

Conjure up a spooktacular breakfast this Halloween. Quick and creepy our single serving warm Gruelkola recipes are sure to please. Eye of Newt features apple eyeballs, raisin bugs and maple syrup perfect for the little goblins. Blood and Guts is a gruesome looking delight dripping with grenadine and strawberries right for an older zombie.

### *Eye of Newt Gruelkola*

#### What's Needed:

- Granola (oat and honey)
- Milk
- Food Colour (yellow and green)
- Apple
- Raisins
- Maple Syrup
- Cinnamon
- Sugar (if desired)
- Small Melon Baller, Reusable Plastic Straw and Paring Knife
- Scary Bowl
- Ornate Silver Spoon or Sugar Shell

#### Tweak it a bit:

As always Blu Arlan encourages you to be creative. Our warm Gruelkola is a fun breakfast treat that can be tweaked to showcase your favorite flavors any time of the year.

*Note: After being heated the Gruelkola continues absorbing the milk and will soak up the whole half cup. If a wetter cereal is desired add additional milk prior to serving.*

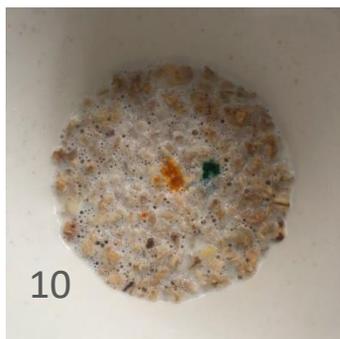
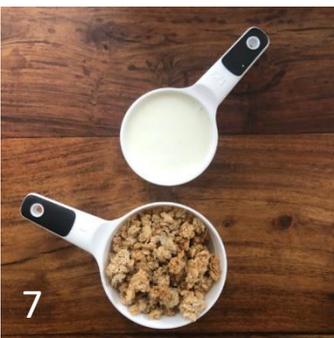
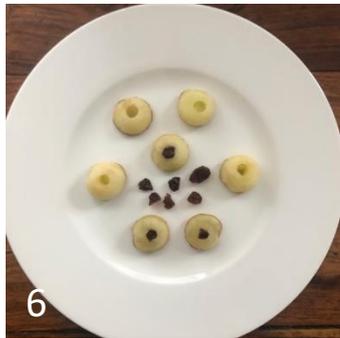
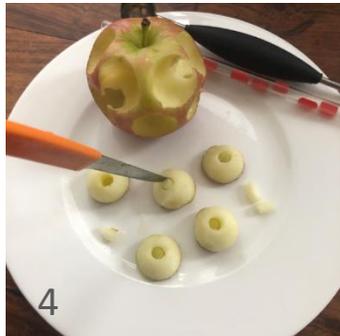
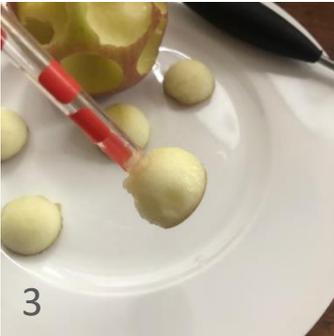
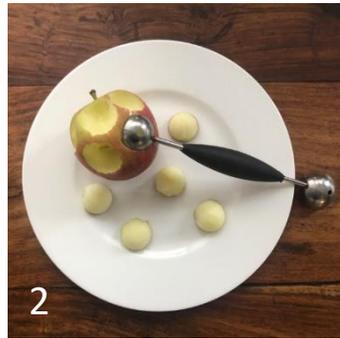
### *Blood and Guts Gruelkola*

#### What's Needed:

- Granola (fruit and nut)
- Almond Milk
- Food Colour (red)
- Freeze Dried or Fresh Strawberries
- Grenadine or Strawberry Syrup
- Scary Bowl
- Ornate Silver Spoon or Sugar Shell



## How To make It:



### 1-Eye of Newt Gruelnola

2- Keep the skin on apple. Insert melon baller into the apple and rotate baller to form a half round piece of apple. Continue until apple is full of holes. 6 to 8 apples eyes will be needed per bowl.

3- Insert the hard-plastic straw into the center of the apple eye. Do not punch through the hole completely through the apple.

4- Remove cut center piece. If needed lift apple piece out with a knife.

5- Microwave apple pieces 20 to 30 seconds to soften.

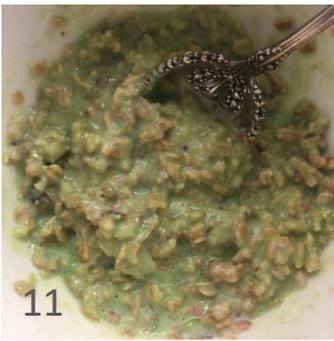
6-Cut raisins in half. Place one raisin half in the center hole to create the pupil. Set apple eyes aside.

7- Single Serving- measure one cup of oat and honey granola and one-half cup of milk.

8- Mix granola and milk together. Stir to cover granola with milk.

9- Microwave granola and milk mixture for 1 minute to heat. The warm granola will continue absorbing the milk after being heated.

10. Squeeze two drops of yellow and one drop of green food colouring in the warmed granola.



11



12

11. Stir food colouring into the gruelnola mixture. Add additional to achieve a darker colour if desired.

12- Transfer green gruelnola into a scary looking bowl.

13- Drizzle granola with 2 to 3 TBS of maple syrup.

14. Set apples eyes in the gruelnola. Add extra raisins to create bugs. Sprinkle with cinnamon sugar if desired.

Serve with an ornate spoon for added spooky drama.



13



14



A



B

### ***A-Blood and Guts Gruelnola***

Follow steps 7 thru 9 above to make the gruelnola mixture using one cup of fruit and nut granola and one-half cup of almond milk.

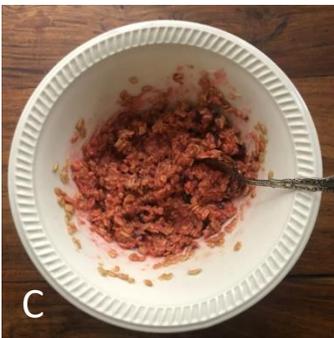
B- Squeeze 3 drops of red food colouring into the warm gruelnola mixture.

C- Stir to mix the warm gruelnola and food colour together.

D- Place in a scary bowl Drizzle 2 to 3 TBS of grenadine (blood) over the gruelnola. Insert 6 to 8 strawberry slices (organs).

E- Grenadine should pool at the bottom of the bowl to give the effect of pooled blood. Serve with an ornate spoon to add a touch a vampire chic.

F- Although yucky, this granola, almond milk, grenadine, and strawberry mixture tastes great.



C



D



E



F