WELL FED
COOKBOOK
RECIPES FOR AFFORDABLE COOKING

Bridging The Gap Between Food Pantries And The Kitchen Table
ACKNOWLEDGEMENTS

This cookbook was designed for Food Finders Food Bank and Jenk’s Rest Senior Center for the individuals of the Senior Grocery Program. Guided by our professor Katie Yankura, our Purdue University English Entrepreneurship course worked the Spring 2015 semester as a team to specifically create this cookbook. This cookbook, Wellfed, will provide seniors with a variety of healthy and easy client recipes using ingredients distributed by the food pantry. We would like to acknowledge all seniors who submitted recipes for the cookbook as well as all staff members at Jenk’s Rest—especially Vivian Cook and Bill Glick—who provided our class with recommendations to best produce this cookbook. Finally, we would like to thank the Purdue Office of Engagement for supporting our project to benefit the local Lafayette community.

Happy cooking!

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MEASURING LEGEND

[All measurements are approximate]
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ZUCCHINI PANCAKES

**Ingredients**
- 2 cups grated zucchini, unpeeled
- ½ cup flour
- 1 egg
- 1 teaspoon baking powder
- ½ teaspoon salt

**Procedure**
1. Mix ingredients until all lumps of flour have been broken up
2. Pour a small amount of oil into a frying pan, heat at medium temperature
3. Pour batter into frying pan, it should sizzle when it hits the pan
4. Cook until the bottom is evenly brown, and the edges start to dry out, then flip
5. Cook the other side until brown, and enjoy

Notes: ________________________________

Money Saving Tips:
Skip prepared and convenience meals like precut and washed produce like lettuce.

Special Thanks to Bernice Meiser!
# BRUNCH CASSEROLE

## Ingredients
- 3 cups shredded cheddar cheese
- 1 tablespoon butter
- 4.5 ounces sliced mushrooms
- 2 cups diced, cooked ham
- 8 eggs
- 1 and ¾ cup milk
- 1/2 cup flour

## Procedure
1. Preheat oven to 350 degrees
2. Grease a 9x13 inch baking dish
3. Place 2 cups of cheese into baking dish
4. Melt butter in a large skillet
5. Cook mushrooms in buttered skillet for 5 minutes, drain mushrooms
6. Mix ham in with mushrooms; add to baking dish
7. Sprinkle remainder of cheese into baking dish
8. Beat eggs in a bowl; mix in milk, flour and a dash of salt and pepper
9. Slowly pour egg mixture into dish

**Notes:**

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Special Thanks to Helene Boyles!

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4 Breakfast
# YOGURT MUFFINS

## Ingredients
- 1 teaspoon **baking soda**
- 1/2 cup **butter**
- 2 **eggs**
- 1 teaspoon **vanilla**
- 2 cups **flour**
- 1/2 teaspoon **baking powder**
- 1/2 teaspoon **salt**
- 1 cup **sugar**
- 3/4 cup **chocolate chips**

## Procedure
1. Preheat oven to 350 degrees. Grease muffin pan with oil spray or butter.
2. In a bowl, mix yogurt and baking soda.
3. In another bowl, beat butter. Add eggs, one at a time, then vanilla.
4. In another large bowl, mix flour, baking powder, salt and sugar.
5. Add the egg mixture.
6. Pour the mixture of yogurt.
7. Mix in the chocolate chips. Pour in the muffin pan.
8. Bake in oven for 30 to 35 minutes.

## Notes:

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6 Breakfast

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Special Thanks to Diane White!
PEANUT BUTTER BANANA OATMEAL

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<td>- ½ ripe banana</td>
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<td>- serving</td>
<td>2. Stir peanut butter into cooked</td>
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<td>- 1 tablespoon</td>
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<tr>
<td>peanut butter</td>
<td>3. Stir mashed banana into cooked</td>
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<td>- per serving</td>
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<td>- Brown sugar</td>
<td>4. Stir in brown sugar</td>
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Notes: ________________________________

Special Thanks to Raquel Reyes!
## 5 MINUTE EGG SANDWICH

### Ingredients
- 1 or 2 eggs
- 1 bagel or 2 slices of bread
- ¼ cup shredded cheese
- 1 tablespoon butter, salt and pepper
- 1 tablespoon milk
- cooked ham or bacon

### Procedure
1. Place the butter in microwavable mug
2. Microwave the butter for 20 seconds
3. Rub the melted butter on the inside of the mug
4. With a fork, whisk eggs, shredded cheese, a dash of salt and pepper and milk in the same mug with the butter
5. Microwave the mug for 90-120 seconds
6. Toast bagel or slices of bread
7. Place the microwaved egg mixture on top of one bagel or on slice of bread
8. Put any desired cooked meat on top
9. Add any condiments and then place other bagel or slice of bread on top

### Notes:

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Special Thanks to Raquel Reyes!
# French Toast

## Ingredients
- 2 teaspoons **cinnamon**
- 8 thick **bread slices**
- **butter** (or vegetable oil)
- **maple syrup**

## Procedure
1. In a medium bowl, whisk together eggs, milk, and cinnamon.
2. Pour into shallow bowl wide enough for slice of bread.
3. Melt butter in large skillet over medium heat.
4. Place each bread slice into mixture, allowing bread to soak.
5. Shake off excess, and place bread onto hot skillet.
6. Fry bread until browned on one side, then flip and brown other side.

## Notes:

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## Special Thanks to
a Jenk's Rest Senior!

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## Money Saving Tips:
*Know the lowest prices and stock up when items go on sale.*
CROCK POT BEEF BRISKET

**Ingredients**
- 4 pounds beef brisket
- 2 onions (sliced)
- 4 ounces mushrooms (sliced)
- 4 cloves garlic (minced)
- 2 tablespoons tomato paste
- 1 tablespoon balsamic vinegar
- 1 tablespoon red wine vinegar
- 1 tablespoon worcestershire sauce
- 1 tablespoon brown sugar
- salt
- pepper
- ¼ cup flour (for gravy)

**Procedure**
1. Place onions and mushrooms in crock pot
2. Add enough water to cover bottom of crock pot
3. Place brisket (fat side up) on top
4. Sprinkle garlic, salt, and ground pepper on top
5. Whisk together tomato paste, vinegars, worcestershire sauce, and brown sugar in small bowl
6. Spread mixture on top of beef
7. Cover crock pot and cook on low heat for 8-10 hours
8. Remove brisket and place on serving plate
9. Remove onions and mushrooms and place on beef
10. Cover tightly with foil to retain heat
11. Turn crock pot temperature to high
12. Place flour in small bowl
13. Remove ½ cup of liquid from crock pot and add to flour
14. Whisk until there are no lumps and add back to liquid in crock pot
15. Bring to a boil, stirring frequently until thickened
16. Serve gravy with roast

Notes: ________________________________

Special Thanks to Paula Begley, The Saucy Southerner!
CHEDDAR CHICKEN MACARONI

**Ingredients**
- 1 can cream of chicken soup
- milk (enough to fill the cream of chicken can)
- uncooked macaroni noodles
- 1 cup cheddar cheese
- 1 can cut up cooked chicken
- 1 teaspoon of salt
- 1 cup french fried onions (optional)

**Procedure**
1. Spray an 8x10 inch baking dish with Non-Stick Cooking Spray
2. Empty the can of cream of chicken soup into the baking dish
3. Fill the empty can with milk and add to baking dish
4. Add uncooked macaroni to the baking dish
5. Add cup of cheddar cheese
6. Add salt to the baking dish
7. Add can of cut up cooked chicken to the baking dish
8. Stir ingredients together
9. Cover the mix with a cup of french onions
10. Bake at 350 degrees for 45 minutes

Notes: ____________________________

Special Thanks to a Jenk’s Rest Senior!
SWEET POTATO CASSEROLE

**Ingredients**
- 3 cups whipped sweet potatoes
- 2 eggs
- 1 cup white sugar
- 1 cup brown sugar
- 8 ounce bag pecans
- ⅓ cup flour
- ⅓ cup melted butter
- 1 bag of marshmallows

**Procedure**
1. Mix whipped sweet potatoes, eggs, and white sugar in a bowl
2. Pour potato mixture into a casserole dish
3. Mix brown sugar, pecans, flour, and melted butter in a bowl
4. Spread mixture from step 3 on top of potato mixture
5. Top mixture with marshmallows
6. Bake casserole at 350 degrees for 1 hour or until golden brown

Notes: __________________________

Money Saving Tips:
Always check the expiration date, you can try to get a discount if the date is close.
# CHEESY POTATO SOUP

## Ingredients
- 2 pounds peeled and cubed **potatoes**
- 1 pound **smoked sausage** cut into bite sized pieces
- 2 quarts **chicken stock**
- 1 pound **Velveeta cheese**
- 1 cup **milk**
- **salt** (to taste)

## Procedure
1. Brown sausage in large pan.
2. Add chicken stock to pan.
3. Add potatoes to pan.
4. Boil until potatoes are fork tender.
5. Cube cheese and add to pan, stir until cheese is melted.
6. Add milk to pan and stir until thick.

## Notes:

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Special Thanks to
Marty Biggs!

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20 Main Dish
BARBECUPS

**Ingredients**
- 1 and ½ pounds ground beef
- 1 cup barbecue sauce
- 2 tablespoons dry minced onion
- 4 tablespoons sugar
- 1 package refrigerated biscuits
- shredded cheddar cheese (to taste)

**Procedure**
1. Preheat oven to 400 degrees
2. Cook ground beef in saucepan until browned, drain liquid from pan
3. Add barbecue sauce, onions, and sugar to browned ground beef
4. Take biscuits and press each into individual ungreased muffin cups until full
5. Spoon meat mixture into cups and sprinkle with shredded cheese
6. Bake under 400 degree heat for 10-12 minutes

Notes: ____________________________

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Special Thanks to Marty Biggs!

22 Main Dish
## TUNA NOODLES

### Ingredients
- 1 can tuna
- 2 cups of dry noodles of your choice.
- 2 tablespoon grated onions
- 1 can cream of mushroom soup
- ½ cup potato chips

### Procedure
1. Combine the tuna, dry noodles, and grated onions in a baking dish.
2. Add 1 can cream of mushroom soup to the baking dish.
3. Fill the empty can with water, and add the water to the baking dish.
4. Mix all the ingredients in the baking dish.
5. Cover the mix with potato chips.

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Notes: ________________________________

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24 Main Dish

Special Thanks to a Jenk's Rest Senior!
CHEESE-GARLIC BISCUITS

**Ingredients**
- 2 cups of biscuit mix
- ¾ cup milk
- ½ cup shredded cheese
- ¼ cup butter
- ¼ teaspoon garlic powder

**Procedure**
1. Preheat oven to 350 degrees
2. Mix biscuit mix, milk, and cheese until a dough forms
3. Place spoonful sized portions onto ungreased cookie sheet
4. Bake for 8-10 minutes
5. Melt butter in microwave, stir in garlic powder
6. Brush over warm biscuits

**Notes:**

- 26 Sides
HAM N' CHEESE
MASHED POTATOES

<table>
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<th>Procedure</th>
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</thead>
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<tr>
<td>-1 cup mashed potatoes</td>
<td>1. In a bowl, combine potatoes and garlic salt</td>
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<tr>
<td>-¾ teaspoon garlic salt</td>
<td>2. Spread into a greased 1.5 qt baking dish.</td>
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<tr>
<td>-1 cup diced fully cooked ham</td>
<td>Sprinkle with ham</td>
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<tr>
<td>-1 cup (4oz) shredded</td>
<td>3. Mix cheese into whipped cream,</td>
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<tr>
<td>cheddar cheese</td>
<td>and spoon over ham</td>
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<tr>
<td>-½ cup whipping cream</td>
<td>4. Bake uncovered at 450 degrees for</td>
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<td>(whipped)</td>
<td>15 minutes or until golden brown</td>
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Notes: __________________________________________

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Special Thanks to Bernice Meiser!
**CORN PUDDING**

**Ingredients**

- ½ cup butter
- ½ cup sugar
- 2 eggs
- 1 cup sour cream
- 1 package corn bread mix
- ½ cup milk
- 1 can whole kernel corn
- 1 can creamed corn

**Procedure**

1. In a large mixing bowl, mix butter and sugar until mixture becomes a cream.
2. Add eggs, one at a time, beating them well after adding each one.
3. Mix sour cream and in with the eggs.
4. Gradually add corn bread mix and milk, while mixing.
5. Add both cans of corn.
6. Pour into a greased 3 quart baking dish.
7. Bake uncovered, at 325° for 45 minutes or until lightly browned.

**Notes:**

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**Money Saving Tips:**

Expensive brands are often at eye level. Look high and low for cheaper, generic brands.
CORN FRITTERS

**Ingredients**
- 1 bag cornbread mix
- 1 and ½ cups cooked corn
- 1 large egg
- ½ cup milk
- 1 tablespoon vegetable oil

**Procedure**
1. Combine cornbread mix, corn, egg, and milk in medium sized mixing bowl, let stand for 5 minutes
2. Pour oil into large non-stick skillet and heat over medium-high heat
3. Drop heaping tablespoons of batter into hot oil
4. Cook for 1 minute on each side, flatten with spatula after turning

**Notes:**
- Special Thanks to a Jenk’s Rest Senior!
LIL CHEDDAR MEAT LOAVES

Ingredients
- 1 egg
- ¾ cup milk
- 1 cup shredded cheese
- ½ cup quick cooking oats
- ½ cup chopped onions
- 1 teaspoon salt
- 1 pound lean ground beef
- ⅔ cup ketchup
- ½ cup packed brown sugar
- 1 ½ teaspoons mustard

Procedure
1. In a bowl, beat the egg and milk
2. Stir in cheese, oats, onion, and salt
3. Add beef and mix well
4. Shape into 8 loaves, then place in a greased baking dish
5. Mix ketchup, brown sugar, and mustard
6. Spoon the combination over the loaves
7. Bake, uncovered, at 350° for 45 minutes

Notes: ______________________________

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34 Sides
PEA SALAD

Ingredients
- 1 package frozen peas (thawed and drained)
- ½ cup celery
- 4 boiled eggs
- ½ red onion (chopped)
- 3 tablespoons mayonnaise
- 1 tablespoon relish
- ½ teaspoon salt and pepper

Procedure
1. Put thawed peas into mixing bowl and add mayonnaise
2. Mix peas and mayonnaise until evenly coated
3. Add celery, hard boiled eggs, onions, relish, salt, and pepper into mixing bowl
4. Mix until ingredients are evenly distributed
5. Put salad in refrigerator for at least one hour to chill

Notes: 

36 Sides
**Ingredients**
- 2/3 cups of flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 2 squares baker's unsweetened chocolate
- 1 teaspoon vanilla
- 1/2 cup crushed walnut

**Procedure**
1. Preheat oven at 350 degrees
2. Take a pan and melt shortening and chocolate over boiling water
3. Take a bowl and beat two eggs
4. Add one cup sugar gradually to beaten eggs and keep beating thoroughly
5. Add melted chocolate mixture to the beat eggs and keep beating
6. Add flour to the above mixture and mix well
7. Keep stirring mixture to get consistent texture
8. Add walnuts and vanilla, and stir again
9. Take a baking tray and grease it
10. Pour mixture into a tray and bake for 35 minutes
11. Let brownies cool before serving

**Notes:**

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Special Thanks to Bonnie Marsh!
# Pumpkin Bread

## Ingredients

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<table>
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<tr>
<td>-4 eggs</td>
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<tr>
<td>3 cups sugar</td>
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<tr>
<td>1 teaspoon nutmeg</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon cinnamon</td>
<td></td>
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<tr>
<td>1 teaspoon salt</td>
<td></td>
</tr>
<tr>
<td>1 cup pecans</td>
<td></td>
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<tr>
<td>1 cup oil</td>
<td></td>
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<tr>
<td>3 cups flour</td>
<td></td>
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<tr>
<td>1/2 teaspoon baking soda</td>
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<tr>
<td>3/4 cup water</td>
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<tr>
<td>1 cup pumpkin</td>
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</tbody>
</table>

## Procedure

1. Preheat oven to 350 degrees
2. Beat eggs in a large bowl and add sugar, pecan, cinnamon and salt
3. Add oil and pumpkin to the mixture and stir well
4. In a separate bowl, combine flour and baking soda
5. Mix all ingredients from step 2 and 3; add water until all ingredients are mixed well
6. Grease and flour the bread pans and bake for 1 hour

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**Special Thanks to Helen Klippel!**

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Notes: ________________________________

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40 Desserts
PINEAPPLE CREAM SHEET CAKE

**Ingredients**
- 2 cups flour
- 3 teaspoon vanilla
- 2 cups sugar
- ½ teaspoon salt
- 2 eggs
- 2 teaspoon baking soda
- 20 ounces can of pineapple
- frosting (optional)

**Procedure**
1. Preheat the oven at 350 degrees
2. Take a bowl and beat the eggs with a mixer
3. Add flour, vanilla, sugar, salt, pineapples and baking soda to the beaten eggs and stir well
4. Take a 13x6 pan and grease/flour
5. Pour the mixture created in step 3 to the pan
6. Bake for 25-30 minutes
7. Put the frosting on warm cake as desired (optional)

Notes: ____________________________

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42 Desserts
NO BAKE COOKIES

Ingredients
- 3 cups oatmeal
- 1 cup peanut butter
- 2 cups sugar
- ½ cup cocoa
- ½ cup milk
- ½ cup butter
- 1 teaspoon vanilla

Procedure
1. Take a large bowl and combine butter, sugar, milk, peanut butter and cocoa. Mix well
2. Take a saucepan and pour the above mixture into it
3. Heat mixture for a minute while stirring constantly
4. Remove the pan from heat and add vanilla to the mixture. Keep stirring
5. In a different bowl, combine oatmeal and pour cocoa mixture on it
6. Spread wax paper in a tray and drop little chunks of the mixture on it
7. Refrigerate for quick cooling and enjoy

Notes: _____________________________

Money Saving Tips:
Only buy food from the grocery store if you can; paper goods, cleaning supplies, and other personal care products are better bought at a dollar store or drugstore.

Special Thanks to Diane White!
PISTACHIO DELIGHT

Ingredients
- 1 packet pistachios
- 10 ounces instant pudding mix
- 20 ounces crushed pineapple
- 1 cup mini marshmallows
- 2 cups Cool Whip

Procedure
1. Combine pistachios, pudding mix, and pineapples. Stir well
2. While stirring, add marshmallows
3. Mix in Cool Whip
4. Place in the refrigerator until cold

Notes: ____________________________

Special Thanks to Bonnie Marsh!
**CORNFLAKE CANDY**

**Ingredients**
- 16 ounce butterscotch morsels
- 1/3 cup peanut butter
- 3 cups cornflakes

**Procedure**
1. Melt butterscotch and peanut butter in a saucepan on low heat. Mix slowly and watch carefully as mixture will burn quickly.
2. After mixture has melted, remove from heat and add cornflakes.
4. Drop 1 teaspoon of mixture at a time.
5. Put tray in refrigerator for up to 1 hour.
6. Remove tray and enjoy.

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**Notes:**

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48 Desserts

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*Special Thanks to Janet Hamlyn!*
### UTENSIL REFERENCE

- Mixing Bowl
- Metal Spatula
- Skillet/Frying Pan
- Mixing Spoon
- Cupcake Pan
- Baking Pan/Casserole Pan
- Sauce Pan
- Whisk
- Crockpot
- Lidded Stove Pan
- Cookie Sheet Pan
- Wax Paper
- Rubber Spatula

### RESOURCES

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