

# Chewy Popcorn Balls

A treat any time of the year!



Level: Easy

Makes: 6 popcorn balls

## Kids' Tool Kit

- Microwave-safe 
- medium bowl
- Large mixing bowl
- Knife
- Wooden spoon
- Rubber spatula
- Wax paper
- Measuring cup

## Ingredients:

- 3 tablespoons margarine
- 3 cups mini-marshmallows
- 1 to 2 drops orange food coloring (optional)
- 8 cups popped popcorn



## Directions:

**Remember to wash your hands!**

1. In a microwave-safe medium bowl, combine margarine and marshmallows. Microwave on medium power 2 minutes or until margarine is melted and marshmallows are soft. Remove bowl from microwave and stir to combine ingredients. Add a few drops food coloring, if desired.
2. Measure popped popcorn into a large mixing bowl and pour marshmallow mixture over popcorn. Stir to coat popcorn.
3. Tear off 6 sheets of wax paper, approximately 10x10 inches each. Place 1 cup of popcorn mixture in center of wax paper square. Fold corners of paper up around popcorn and twist top, pressing popcorn to make a ball. Repeat for each square.
4. Store in airtight container.

## Chef's Choice

- Chewy Popcorn Balls
- Chocolate low fat milk

## Nutrition Facts

Serving Size 1 popcorn ball (47g)	
Servings Per Container 6	
<b>Amount Per Serving</b>	
<b>Calories</b> 200	Calories from Fat 90
% Daily Value*	
<b>Total Fat</b> 10g	15%
Saturated Fat 2g	9%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 140mg	6%
<b>Total Carbohydrate</b> 29g	10%
Dietary Fiber 1g	6%
Sugars 14g	
<b>Protein</b> 2g	
Vitamin A 6%	Vitamin C 0%
Calcium 0%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



**Helpful Hints:** Popcorn is a special variety of dried corn that has moisture in the kernel. When this moisture is heated, it turns to steam, and when the pressure gets too great, the kernel pops! It explodes, turns inside out and expands up to 35 times its original size. Be careful to use only popped kernels when preparing the popcorn balls. Biting into a hard kernel can hurt a tooth!

Popcorn is high in fiber, low in calories, packed with energy and an ideal snack, since it is inexpensive and makes you feel full longer.



**Safety Tip:** Popcorn is a delicious, healthy snack, but it can cause a young child to choke. Do not give popcorn to children under 3 years of age. Kids need to sit down while eating, and adult supervision is important when popcorn is served.

For more information about this recipe and other fun recipes: contact your county extension office in Kansas visit the website at [www.kidsacookin.ksu.edu](http://www.kidsacookin.ksu.edu), or e-mail [kidsacookin@ksu.edu](mailto:kidsacookin@ksu.edu).