

## Chewy Popcorn Balls

*A treat any time of year!*

6 servings

### Ingredients:

3 tablespoons margarine

3 cups mini-marshmallows

1 to 2 drops orange food coloring (optional)

8 cups popped popcorn

**Directions: 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.

**Nutrition Facts:** One popcorn ball provides 200 calories, 10g total fat, 0mg cholesterol, 140mg sodium, 29g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

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Kids a Cookin'

www.kidsacookin.ksu.edu

**Chef's Choice**  
Chewy Popcorn Balls  
Chocolate Low Fat Milk

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