

# Popcorn Balls

Adapted from MyRecipes.com  
Makes 10 servings.

## INGREDIENTS

- 6 cups plain popped popcorn
- 2 Tablespoons unsalted butter
- 2 ¼ cups mini marshmallows
- 1 cup honey-nut toasted oat cereal
- 1 ounce pretzel sticks (broken into pieces)
- ¼ cup chopped dry-roasted peanuts

## MATERIALS NEEDED

- 1 pot
- Cooking spoon
- Measuring spoons
- Measuring cups

## COOKING INSTRUCTIONS

- Melt butter in pan over low heat.
- Add marshmallows and cook for 2 minutes.
- Remove from heat.
- Add cereal, pretzel sticks, and peanuts.
- Add popcorn, one cup at a time, until adequately coated. You may have some popcorn left over.
- Form into 3-inch balls.
- Cool for 5 minutes.

<b>Nutrition Facts</b>	
Serving Size (29g) Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories</b> 120	Calories from Fat 45
<b>% Daily Value*</b>	
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 80mg	<b>3%</b>
<b>Total Carbohydrate</b> 18g	<b>6%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 8g	
<b>Protein</b> 2g	
Vitamin A 2%	• Vitamin C 2%
Calcium 2%	• Iron 6%
*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	