

Popcorn Balls



Makes
4 to 5 servings

Prep time
5 minutes

Cook time
5 minutes

Good source of
Protein

For Fruit & Nut Popcorn Balls:

- 1 Tbsp. butter
- 1 cup mini marshmallows
- 4 cups plain air-popped popcorn
- ¼ cup mixed nuts, chopped
- ¼ cup dried fruit, chopped

For Curry Popcorn Balls:

- 2 Tbsp. honey
- ¼ tsp. white vinegar
- ½ tsp. salt
- 1½ Tbsp. vegetable or canola oil
- ½ tsp. curry powder
- 4 cups plain air-popped popcorn

Nutrition Facts

5 servings per container
Serving size 1 Ball (33g)

Amount per serving
Calories 140

	% Daily Value*
Total Fat 6g	8%
Saturated Fat 2g	10%
Trans Fat --g	
Cholesterol 5mg	2%
Sodium 45mg	2%
Total Carbohydrate 19g	7%
Dietary Fiber 1g	4%
Total Sugars 9g	
Includes 6g Added Sugars	12%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 12mg	0%
Iron 1mg	6%
Potassium 118mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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Directions for Fruit & Nut Popcorn Balls:

1. In a medium saucepan over low heat, melt butter.
2. Add marshmallows and stir until melted. Remove from heat.
3. Add in popcorn, nuts, and dried fruit and stir to mix.
4. Spray your hands with cooking spray to prevent sticking, then scoop out a generous amount of the popcorn mixture. Use your hands to form into balls, working quickly. Repeat with remaining mixture.
5. Let cool and serve. Place leftovers into an airtight container.

Directions for Curry Popcorn Balls:

1. Heat honey and vinegar In a medium saucepan over low heat. Once boiling, remove from heat.
2. Add salt, oil, and curry powder and stir to mix.
3. Add popcorn and combine well.
4. Spray your hands with cooking spray to prevent sticking, then scoop out a generous amount of the popcorn mixture. Use your hands to form into balls, working quickly. Repeat with remaining mixture.
5. Let cool and serve. Place leftovers into an airtight container.

