



Tutti Fruity Popcorn Balls

Difficulty: Easy

Ingredients:

- 1/2 cup honey
- 1/4 cup brown sugar
- 1 tablespoon butter
- 1/2 teaspoon cinnamon
- 1 teaspoon vanilla
- 5 cups fresh popped popcorn
- 1/2 cup chopped nuts (pecans, almonds, walnuts, or peanuts)
- 1 cup whole or chopped dried fruits (cranberries, blueberries, raisins, apples, or apricots)

Directions:

1. Combine honey, brown sugar, and butter in microwave-safe container. Cover with plastic wrap and heat in microwave for 1 to 2 minutes or until mixture is bubbling and steaming hot. Carefully remove honey syrup dish from microwave with the help of your adult chef assistant. Stir in cinnamon and vanilla. Set aside.
2. Put popcorn, nuts, and dried fruit in a large mixing bowl. Pour cooked honey syrup over popcorn and toss with a wooden spoon until you have coated all the pieces of popcorn with honey syrup. Let mixture cool 10 minutes before forming into balls.
3. Now spray your hands with nonstick spray or dampen them with a splash of water. With your hands, take a scoop of popcorn mixture and form a 2 to 3-inch sized popcorn ball. Repeat until you have made all the mixture into popcorn balls.
4. Popcorn balls may be wrapped individually with plastic wrap and stored for 3 to 5 days.

Makes 12 servings.

Nutrition information (serving size: 1 popcorn ball):

Calories: 125	Protein: 1.6g
Fat: 4.4g	Fiber: 1.6g
Saturated fat: 1g	Cholesterol: 3mg
Sugar: 16.5g	Sodium: 51mg

Recipe source: Batter Up Kids