



Pumpkin Popcorn Balls

Ingredients:

- 2 tablespoons Canola Oil
- 5 tablespoons popcorn kernels,
- 1 cup Honey
- 5-10 drops Orange Food Coloring
- Tootsie Roll Mini Candies
- 1 slice Green Airhead Candy (or any green candy)

Instructions:

1. Add canola oil to pot on medium high heat. Add popcorn kernels and cover with lid. Occasionally swirl to redistribute hot oil. When kernels pop rapidly, crack the lid to allow excess steam to escape.
2. Place popcorn in large mixing bowl. Set aside.
3. Heat ¼ cup of honey over medium high heat in a saucepan. Allow honey to simmer, stirring occasionally.
4. Add orange food coloring. Leave to simmer for 1 minute.
5. Remove honey from heat and add the remaining ¾ cup of honey at room temperature. Drizzle evenly over popcorn.
6. Shape popcorn into small balls. Place on parchment- lined baking sheet.
7. While popcorn is still warm, add Tootsie roll minis as stems and green candy as leaves. Leave to cool before serving.

Prep Time: 5 minutes

Cooking Time: 5 minutes

Equipment:

- Pot
- Large mixing bowl
- Saucepan
- Mixing spoon
- Parchment- lined baking sheet
- Measuring cups and spoons

Servings: 6 servings

Serving Size: 1 popcorn ball



Nutrition Facts:	192Calories,	3.8g Fat,	00g Saturated Fat,	42g Carbohydrates,	1g Protein,	00g Fiber,
	35g Sugar,	8mg Sodium.				

Check out our blog at www.cookingoncampus.arizona.edu to find past recipes and a list of upcoming classes!
 For more info about nutrition and what to eat on campus, go to www.health.arizona.edu, click Health Promotion, then Nutrition.

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Variations:

- Use agave syrup instead of honey
- Swop Tootsie rolls for pretzels sticks



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