

National Popcorn Poppin' Month Means *Tricked Out Treats*



Halloween is a great holiday for kids of all ages. You have a license to dress up, drape your house in creepy adornments, purposefully try to scare your friends and family, and delight the neighborhood kids with fistfuls of free candy. Halloween is the one time of the year you have the pleasure of eating candy corn; of pulling slimy innards

from a pumpkin and roasting its seeds afterwards; and of throwing a costume party to exercise your creative genius.

If you are celebrating the season, the following recipe will appeal to your inner child since it includes both candy corn and popcorn! Popcorn is another fall favorite, so well loved that October is officially National Popcorn Poppin' Month. Now's the perfect time to join your fellow Americans in consuming some 16 billion quarts of natural, whole grain popcorn this year.

We've conjured up the spirit of Halloween past with this recipe for Halloween Heaven. Reminiscent of the popcorn ball—a onetime Halloween staple—this recipe builds on the basic marshmallow and popcorn structure by adding peanut butter for a little flavor and protein kick and then just the right amount of candy corn for holiday pizzazz.

Halloween Heaven

8 cups air-popped popcorn
7 ounces marshmallow cream
1/2 cup reduced fat peanut butter
1 cup candy corn

- Combine marshmallow cream and peanut butter in a large bowl; mix until smooth.

- Stir in popcorn and candy corn and mix until coated evenly.
- Drop by heaping spoonfuls on wax paper or non-stick surface and allow to cool. Store in airtight container.

Haunted Popcorn Hands

Looking for a quick, healthful alternative to handing out candy this year? Try your hand at creating these festive treats featuring healthful, whole grain popcorn.

Clear polyethylene food service gloves
Candy corn
Popcorn
Ribbon or yarn

- Place 1-3 pieces of candy corn at the end of each finger (depending on size of glove), pointy side first, to make fingernails. Fill the glove with popcorn and tie it off with ribbon or yarn.

Haunted Popcorn Hands

