Three simple ingredients, three distinctly different treats

It sounds like a challenge for competing chefs on the local food channel: Take three simple ingredients and make them into three distinctly different, but delicious, treats. In reality, it’s a great way to add nutrients to your diet in creative and special ways.

By mixing sweet, dried cranberries, sliced almonds, and freshly popped popcorn together you not only get a quick and easy Trail Mix for when you’re on-the-go, you also get heart-healthy antioxidants, vitamin E, magnesium, protein, fiber and more. With a few additional ingredients, you can turn your trail mix into a breakfast or mid-morning nosh. Start your morning off right with a Cranberry Almond Popcorn Muffin, a delicious baked good that uses ground popcorn in addition to flour for a whole grain boost. And finish off the day with White Chocolate Popcorn Crunch, a scrumptious treat that will add a touch of elegance to any dessert table.

Simple Popcorn Trail Mix
5 cups popped popcorn
½ cup dried sweetened cranberries
½ cup sliced almonds
Set freshly popped popcorn in large bowl. Add fruit and nuts. Toss until combined thoroughly.
Yield: 6 cups

Cranberry Almond Popcorn Muffins
5 cups popped popcorn
½ cups flour
¼ cup sugar
1 tablespoon baking powder
½ teaspoon salt
½ cup dried sweetened cranberries
1 cup milk
1 egg
2 tablespoons vegetable oil
½ teaspoon almond extract
¼ cup sugar mixed with 1 teaspoon cinnamon
½ cup sliced almonds
• Preheat oven to 400° F. Spray a 12- cup muffin pan with cooking spray or line with paper liners; set aside.
• Blend popcorn in a blender or food processor until finely ground. Pour ground popcorn into a large mixing bowl. Add flour, sugar, baking powder, salt and cranberries and stir until blended; set aside.
• Beat milk, egg, oil and almond extract together and pour over dry ingredients; stir just until combined. Spoon batter into muffin cups, filling each about half full. Divide almonds among muffin tops and sprinkle with cinnamon sugar. Bake 15-18 minutes or until tops are lightly browned; serve warm with butter.
Yield: 12 muffins

White Chocolate Popcorn Crunch
5 cups popped popcorn
½ cup dried sweetened cranberries
½ cup sliced almonds
12 ounces white chocolate baking chips, chopped white chocolate or white candy coating
1-2 tablespoons vegetable shortening
• Cover a baking pan with foil or wax paper; set aside. Place popcorn, cranberries and almonds in a large bowl; set aside.
• Melt chocolate in a double boiler over barely simmering water, stirring until smooth OR melt according to package directions. (If chocolate is not smooth after melting, stir in 1-2 tablespoons shortening until mixture is smooth and loose enough to coat popcorn.)
• Pour chocolate mixture over popcorn mixture and stir to coat. Spread onto prepared pan; allow to cool completely. When chocolate is cooled and set, break into chunks for serving. Store in an air-tight container at room temperature.
Variation: White Chocolate Peppermint Popcorn Crunch
Omit cranberries and almonds. Stir in 1 cup crushed hard candy peppermints after chocolate is melted.
Yield: about 1 pound

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