



# Warm up Cold Winter Days

**Y**ou can't find a warmer place than the kitchen on a cold winter day, especially after an afternoon of snowball fights or building a snowman. When you've come in out of those nippy north winds, mix up some frothy hot cocoa and a batch of these delicious popcorn treats that would make even Jack Frost melt.

Popcorn is a whole grain that provides carbohydrates and fiber to the diet and is naturally low in fat and calories. Consuming at least 3 or more ounce equivalents of whole grains per day can reduce the risk of several chronic diseases and may help with weight maintenance. That's good news for your waistline, especially during these less active months. And by adding a natural sugar substitute and a sprinkling of dark, lovely cocoa, you'll satisfy a chocolate craving (yes, we assume everyone has one) and add flavonoids and antioxidants to your diet.

### Cinnamon Chocolate Popcorn

3 quarts popped popcorn  
Butter-flavored cooking spray  
9 Tbsp. powdered cocoa mix (cocoa sweetened with sugar or sugar substitute)  
3 tsp. cinnamon

- Put popcorn in a large bowl and lightly spray with cooking spray.
- Sprinkle cocoa mix and cinnamon on popcorn. Toss to coat evenly.

- Spray and toss again until mixture is well coated. Serve immediately.

*Serves 3*

While away those long winter days by trying your hand at these Chocolate Popcorn Cookie Sticks. A variation of the Italian biscotti, these delicious cookies are a fun and tasty way to fill an afternoon and fill your kitchen with warmth and an irresistible aroma. Get the children involved by letting them pop the popcorn, grind it in a food processor, and roll out the dough.

### Chocolate Popcorn Cookie Sticks

1 cup egg substitute  
1 ½ tsp. vanilla  
1 cup + 3 Tbsp. sugar, divided  
3 cups air-popped popcorn, ground in food processor or blender  
2 ¼-2 ½ cups flour  
¾ cup unsweetened cocoa powder  
4 tsp. baking powder

- Preheat oven to 300 degrees. Line baking sheet with foil and spray with cooking spray.
- Combine egg substitute, vanilla, and 1 cup sugar in large bowl; mix well. Add popcorn, flour, cocoa powder, and baking powder and mix well; dough will be stiff but continue mixing until all ingredients are well combined.

- Sprinkle remaining sugar on work surface; divide dough into 3 equal pieces. Roll dough into 8" by 4" by ½" logs and roll in sugar lightly on all sides. Transfer logs to baking sheet, leaving a space between them. Bake 25-30 minutes.
- Remove from oven and allow "logs" to cool for 5 minutes. Cut logs diagonally into ½ inch slices. Arrange in a single layer on baking sheet. Bake 10 minutes; turn cookies over and bake 5-10 minutes longer until lightly browned and crisp on both sides. Cool cookies and store in airtight container.

*Yields: 24-28 cookies*

