



# Kid Friendly Treats

**K**ids love being silly and you love getting them to eat snacks that are good for them. Why not tell them you're going to make a snack that comes from the ground (and looks like it) or an edible magic wand? Better yet, let them join you in the kitchen to help make the following treats using natural, whole grain popcorn and protein packed peanut butter. Popcorn contains energy-producing carbohydrates and provides needed fiber to the diet, but kids love it because it tastes great.

Poppy Chow offers a new twist on a classic kid favorite. We use popcorn instead of traditional cereal for that perfect blend of flavors and textures. It is an easy snack to make and great for after school, movie nights, or any time you want to make a delicious treat that will have your hungry bunch digging in for more.

For an extra touch of whimsy, serve your Poppy Chow in individual buckets or pails. Wash thoroughly with soapy water and allow to dry before using.

## Poppy Chow

Makes: 2 quarts, 16 servings (1/2 cup each)  
Preparation time: 10 minutes

2 quarts popped popcorn  
1/4 cup (1/2 stick) butter or margarine  
1/2 cup creamy peanut butter  
1 cup milk or semi-sweet chocolate chips  
1 cup confectioners' sugar

- Place popcorn in a large bowl; set aside.
- In a microwave safe bowl, combine butter, peanut butter and chocolate chips. Microwave 2 minutes; stir until smooth.

- Pour the chocolate mixture over the popcorn and stir until well coated. Sprinkle confectioners' sugar over popcorn and stir until coated. Cool to room temperature before serving. Store in airtight container, refrigerated, up to 24 hours.

## Sweet-N-Salty Popcorn Pretzel Sticks

This is a quick, easy and fun way to serve a healthy snack to your children. Tell your kids these are magic wands and watch 'em disappear!

Serves: 6  
Preparation time: 10 minutes

6 large pretzel rods  
6 tablespoons peanut butter  
3 cups popped popcorn  
Sugar sprinkles  
3/4 cup mini chocolate chips, optional

- Spread 1 tablespoon of peanut butter over pretzel, leaving a 2-inch 'handle' without peanut butter.
- Press and roll popcorn onto peanut butter to coat. Sprinkle with sugar sprinkles.
- For optional chocolate drizzle: Place chocolate chips in a small sealable plastic bag and seal bag. Microwave 30 seconds or until chocolate is melted. Clip a small corner from the bag and squeeze bag to drizzle chocolate over popcorn. Sprinkle with additional sugar sprinkles. Allow chocolate to harden before serving.

