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# POPCORN for Breakfast, an Old-World Treat

Although popcorn is typically thought of as a snack food today, popcorn was a popular breakfast food in Colonial America. Ahead of its time and very likely a role model for breakfast cereals to come, popcorn was eaten more than 150 years ago just as we eat cereal today.

Long before the advent of the corn flake, Ella Kellogg enjoyed her popcorn ground with milk or cream. Although she discouraged in-between meal snacking, she urged others to eat popcorn at meals as popcorn was “an excellent food.” Ella understood, as her husband did, that popcorn was a whole-grain. John Harvey Kellogg praised popcorn as being “easily digestible and to the highest degree wholesome, presenting the grain in its entirety, and hence superior to many denatured breakfast foods which are found in the market.”

Colonists weren't the only ones who enjoyed a popcorn breakfast. The Iroquois made a hot cereal version by boiling pounded popcorn in water until thickened and then adding milk, cream, sugar or syrup. If they were traveling, early Native Americans pounded their popcorn into a fine, powdery meal and later mixed with water for eating, making it a true American meal on the run.

Today, freshly popped popcorn still makes a quick and delicious breakfast cereal. Popcorn for breakfast is fun and easy to prepare and, best of all, popcorn is naturally low in calories. Air-popped popcorn has only 31 calories per cup while oil-popped has only 55 per cup.

Like any other cereal, you can add toppings according to personal preferences. Place popcorn in a bowl and add cold milk. Add a teaspoon or two of sugar, cinnamon

sugar, or sugar substitute and your choice of the following stir-ins:

- Dried fruit such as raisins, dates, apples and currants
- Nuts, such as sliced almonds, toasted walnuts, pine nuts or pecan pieces
- Fresh fruit such as sliced bananas, strawberries or raspberries
- Tropical touches such as coconut flakes, dried papaya and pineapple pieces
- Mix and match stir-ins. Create your own combinations!



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