



# Triple Treat Popcorn 3 Ways

## 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  
 1½ 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