

Popcorn Peanut Bites



INGREDIENTS

4-5 cups popped popcorn
(2 Tbsp. popcorn kernels)
1 tsp. canola oil
¼ tsp. salt
¼ cup honey
2 Tbsp. peanut butter, natural-style preferred
¼ cup roasted salted peanuts

SHORTCUT PREP

Using a brown paper lunch bag, kernels can also be popped in the microwave! Mix together kernels, oil, and salt in a bowl. Place mixture in bag and fold over several times to close. Put bag on a plate then microwave until the kernels stop popping, 2-3 minutes.

DIRECTIONS

1. Heat oil over medium high heat in a medium pot. Add popcorn kernels and ¼ tsp. salt and cover with lid. Using oven mitts, shake the pot at least every 10 seconds to keep kernels moving. When popping begins to slow, remove from heat but keep lid on another 30 seconds until popping stops.
2. Stir together peanut butter, honey, and ¼ tsp. salt. Add popcorn (removing kernels that did not pop) and peanuts and mix well. Place bowl in freezer for 5 minutes.
3. Before forming balls, coat hands with a little cooking spray to prevent sticking. Squeeze the mixture together to form each ball. Place on a plate and refrigerate 10 minutes before serving.

NUTRITION FACTS 5 servings

Calories: 163	Total Carbohydrate: 22 g
Fat: 8 g	Dietary fiber: 2 g
Sodium: 176 mg	Protein: 4 g

Veggie Tortilla Roll-ups

INGREDIENTS

4 (7-inch) whole wheat tortillas
8 Tbsp. (½ cup) reduced fat cream cheese
2 cups shredded romaine lettuce or fresh spinach
1 cup tomatoes, diced
½ bell pepper, diced
½ cup cucumber, chopped
¼ cup canned diced green chilies
¼ cup sliced ripe olives, drained, optional

DIRECTIONS

1. Spread 2 Tbsp. cream cheese on each tortilla.
2. Top each tortilla with lettuce, tomato, bell pepper, cucumber, chilies, and olives, dividing ingredients evenly. Roll each tortilla and serve. Cut in half for snack-sized portions.

NOTE: If you want a 'ranch dressing' flavor, thin cream cheese with a few tablespoons light ranch dressing.



NUTRITION FACTS

8 snack servings

Calories: 113
Fat: 5 g
Sodium: 180 mg
Total Carbohydrate: 15 g
Dietary fiber: 2.5 g
Protein: 4 g