

## October Means Popcorn Fun...Celebrate National Popcorn Poppin' Month

(NAPSA)—It's that time of the year again when Americans join together to celebrate their favorite crispy, crunchy snacking treat ...popcorn! Don't let October pass without celebrating National Popcorn Poppin' Month.

Each fall, popcorn lovers celebrate the harvesting of this nutritious and versatile snack. As farmers head to the fields to harvest their crop, families and friends are expected to join in the celebration by gobbling up more than 17 billion quarts of this naturally fun treat. That's 58 quarts per man, woman, and child.

What makes popcorn so popular? It's fun and versatile. Topped with your favorite sweet or savory topping or eaten just plain, it's a wholesome and tasty treat.

Here are a few quick and easy ways to celebrate National Popcorn Poppin' Month at your house this year:

- Have a popcorn party. Create a popcorn bar with sweet and savory toppings and let your guests create their own popcorn taste sensation.

- Edible art. Create shapes for the fall harvest season (Jack-O-Lantern, Indian Corn Ears, Halloween Kitty, etc.) using popcorn recipes found at [www.popcorn.org](http://www.popcorn.org), and then eat them!

- Try a new popcorn recipe each week during October.

For more popcorn recipes or more information, visit [www.popcorn.org](http://www.popcorn.org) or call, toll-free, 1-877-POPALOT. Remember, Good Times are Poppin' in October during National Popcorn Poppin' Month.

### BALLPARK POPCORN CRUNCH

- ½ cup butter
- ½ cup brown sugar
- 3 quarts unsalted popped popcorn
- 1 cup chopped walnuts

**Cream together butter and brown sugar till light and fluffy. In a separate bowl, toss popcorn and walnuts. Add creamed mixture to popcorn and nuts. Combine until coated. Spread on a large baking sheet in a single layer.**



**Bake in 350° oven for 10 minutes or until crisp. Yield: 3 quarts.**

**Nutritional information (based on 1-cup serving): Total Calories 189.5; Fat 15.2 g; Carbohydrate 12.8 g; Sugar 5.7 g; Fiber 1.5 g; Protein 2.2 g; Sodium 75.5 mg; Cholesterol 19 mg.**

### POPCORN GRANOLA

- 3½ quarts popped popcorn
- 1 cup flaked or shredded coconut
- 1 cup sliced almonds or sunflower seeds
- ⅔ cup raisins
- ½ cup honey
- ½ cup butter or margarine, melted
- 1 teaspoon ground cinnamon
- 1 teaspoon salt (optional)

**Preheat oven to 250°F. Combine popped popcorn, coconut, almonds and raisins. Blend honey, butter, cinnamon and salt, if desired. Pour over popcorn mixture. Toss to coat thoroughly. Spread on lightly buttered 15 x 10-inch jelly roll pan. Bake for 40 minutes, stirring every 10 minutes. Cool to crisp. Store in tightly covered container. Makes 18 servings.**

**Nutritional Information (based on 1 serving): Total Calories 200; Fat 13 g; Carbohydrate 21 g; Sugar 14 g; Fiber 2 g; Protein 3 g; Sodium 270 mg; Cholesterol 15 mg.**