

HALLOWEEN HINTS

Tricked-Out Popcorn Treats

(NAPSA)—Halloween is the one time of the year you have the pleasure of eating candy corn, of pulling slimy innards from a pumpkin and roasting its seeds afterwards, and of throwing a costume party to exercise your creative genius.

If you celebrate the season, the following recipe may appeal to your inner child since it includes both candy corn and popcorn. Popcorn is another fall favorite, so well loved that October is officially National Popcorn Poppin' Month.

You can conjure up the spirit of Halloween past with this recipe for Halloween Heaven. Reminiscent of the popcorn ball—a one-time Halloween staple—this recipe builds on the basic marshmallow and popcorn structure by adding peanut butter for a little flavor and protein kick and then just the right amount of candy corn for holiday pizzazz.

Halloween Heaven

8 cups air-popped popcorn
7 ounces marshmallow cream
½ cup reduced-fat peanut butter
1 cup candy corn

Combine marshmallow cream and peanut butter in a large bowl; mix until smooth.

Stir in popcorn and candy corn and mix until coated evenly.

Drop by heaping spoonfuls on wax paper or nonstick surface and allow to cool. Store in airtight container.

Looking for a quick, healthful alternative to handing out candy this year?

Try your hand at creating these festive treats featuring healthful, whole grain popcorn.



Conjure up the spirit of Halloween past with a delicious treat named Halloween Heaven.

Haunted Popcorn Hands

Clear polyethylene food-service gloves
Candy corn
Popcorn
Ribbon or yarn

Place 1-3 pieces of candy corn at the end of each finger (depending on size of glove), pointy side first, to make fingernails. Fill the glove with popcorn and tie it off with ribbon or yarn.



For tasty recipes, fun facts, popcorn trivia and more, visit www.popcorn.org.