

Smart Snacking

National Popcorn Poppin' Month

(NAPSA)—It's National Popcorn Poppin' Month, a time to celebrate one of America's oldest and most beloved snack foods.

This year, Americans will consume some 16 billion quarts of this magical, mythical maize. With popcorn's good-for-you whole grain status, you can take comfort knowing that consuming your share will actually do your body good.

Popcorn is naturally low in fat and calories and, because it's a whole grain, it adds fiber to the diet and boosts energy. And who couldn't use a little healthy energy boost these days?

With school back in session and after-school activities in high gear, parents are running from work to soccer game sidelines.

You hardly have time to think about making a nutritious snack for your kids let alone figure out how to celebrate Popcorn Poppin' Month.

But by tossing together a simple trail mix, you can do both. Popcorn



Popping up America's favorite snack can be good for you since popcorn is full of fiber and a whole grain.

Trail Mix is simple to make and adaptable to your specific taste or dietary needs. Mix popcorn with dried fruits and/or nuts and you're adding a serving of fruit and protein to those whole grains. Store in a reusable container and go. Popcorn costs pennies per serving, too, so get creative.

For more great recipes or more information about Popcorn Poppin' Month, you can visit www.popcorn.org.

Popcorn Trail Mix

Yield: 5 cups

Ingredients

8 oz. raisins

**6 oz. diced, dried fruit
(apricots, apples, etc.)**

1 quart popped popcorn (air popped)

Directions

Set freshly popped popcorn in large bowl.

Add diced fruit and raisins. Toss popcorn and fruit until combined thoroughly.



Popcorn trail mix is a healthy, hearty snack that is economical and can be used for on-the-go snacks.