

ALMOND BUTTER POPCORN BALLS

Celebrating Halloween doesn't have to be about giving up all the treats, just bringing them into balance. Enjoy some of your favorite nostalgic Halloween treats (mine being anything Willy Wonka brand), but also keep festive healthy alternatives around like these almond butter popcorn balls. This recipe contains healthy fats and plant-based protein from almond butter and whole grain popcorn- YES popcorn is a whole grain! The Dietary Guidelines recommend at least three servings of whole grains every day.

RECIPE

10 cups popped popcorn
1/2 cup almond butter
1/2 cup local honey
1/4 tsp salt
2-3 oz dark chocolate

Heat almond butter, honey, and salt in small saucepan over medium heat. Stir and cook until bubbly. Transfer mixture into a large bowl with the popped popcorn and stir to combine. With wet hands (mixture is sticky), mold 16-20 popcorn balls. Be careful, as mixture is hot. In a small bowl, heat dark chocolate in the microwave in 20 second intervals until melted. Drizzle over popcorn balls and let cool! Each popcorn ball is 100 calories and 8g sugar.

Tip: Put your Halloween candy in the freezer if you are struggling with overindulging.

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