

## Fit To A Tee / December 2020

### Holiday or Any Day Snacks



#### **POPCORN FUN – Playing with popcorn is SO much fun!**

To pop:

Heat 3 Tablespoons peanut oil in a wide pan.

Drop three kernels in. When they pop add 1/3 cup kernels.

Using a towel or hot pads, tightly cover the pan with tin foil and make 8 slits in the foil to let steam escape.

Shake until the popping stops. CAREFULLY REMOVE THE FOIL.

ADD salt and melted butter to taste!

#### **Popcorn Balls**

There are many versions on the internet. Experiment. I chose this one because it is easy!

Makes 12 2-3" size balls.

**12 cups (100 grams) of POPPED CORN.** You can pop it or buy any unflavored popped corn.

If you didn't pop it, warm it by placing the popcorn on a cookie sheet in a 300° oven for 5 minutes.

In a saucepan, heat:

**4 TBLS unsalted butter**

**¼ cup light brown sugar**

**1 10-ounce bag of marshmallows (minis melt faster!)**

Stir constantly until smooth. It is VERY gooey.

Off the heat, add:

**1 tsp white vinegar**

**1/2 tsp baking soda**

Add food color if you like.

Put the warm popcorn into a large bowl, and pour the mixture over, mixing quickly and thoroughly. You can add, at this point, peanuts or dry cranberries or sprinkles.

Using plastic bags or gloves SPRAYED WITH PAM (or other spray oil) form the coated popcorn into balls. Any size is fine. Place on a foil-lined cookie sheet to cool and harden.

You can wrap in colored cellophane and give them as gifts or just ENJOY yourself.

Or you could make a SNOW PERSON LIKE THIS.....



## ICE CREAM FUN: SPAGHETTI SUNDAE!

Soften a carton of vanilla ice cream. Not soupy, just soft.

Place ½ cup into a potato ricer..... 

Available in the usual places for about \$20.



Squeeze into individual small bowls and FREEZE immediately!

Repeat for as many servings as you want.

Remove from freezer and top with:

- Strawberry sauce (place frozen berries in a sauce pan, add sugar to taste; cool)
- Buy brownie bites (or make brownies) and reshape into (meat!) balls
- Scatter balls over “spaghetti”
- Grate white chocolate over the top!



P.S.: a potato ricer makes THE BEST MASHED POTATOES YOU WILL EVER MAKE!



**Building Game Changers**