

Ideal[®] Popcorn Balls — Servings: 14 2-3" balls

Ingredients

- 3 TBS vegetable oil
- 1 ½ c popcorn kernels
- 1 TBS butter
- 1 c Ideal[®] No Calorie Sweetener
- 1 c molasses (mild)
- ½ tsp salt

Directions

1. Add 1 TBS of the oil into a 4 qt saucepan and heat
2. When hot add ½ c of popcorn, keeping pan moving; when corn stops popping, remove from heat and repeat steps 1 and 2 until all corn is popped
3. Place in 225° oven to keep warm
4. In 2 qt saucepan, melt butter, stir in Ideal[®], molasses and salt; insert candy thermometer in saucepan and boil mixture on med heat until thermometer reads 260° F (126° C)
5. Remove warm popcorn and place in large buttered bowl, add syrup and mix thoroughly
6. Butter hands and form 2-3" balls; place on waxed sheet to cool

Tip: Wrap in wax paper or cellophane and share with friends

Per Serving: 190 Calories; 2 g Protein; 4.5 g Total Fat; 35 g Carbohydrates; 3 g Fiber; 18 g Sugar; 95 mg Sodium; 0 mg Cholesterol

