



Fun Fair Popcorn

Create a light, healthy snack using your favorite freeze-dried fruit.

Strawberry Popcorn

One (3.29 oz.) package natural popping corn
1 (1 oz.) bag freeze dried strawberries, fine crushed

Directions

Follow directions on package to microwave popping corn or prepare your favorite unflavored or lightly salted popped corn
Place popped corn in large serving bowl. Place crushed strawberries in a fine mesh strainer. Shake strainer to sprinkle it over popcorn, toss gently to evenly coat the popcorn.

Light Coco Banana Popcorn

1 (1 oz.) bag freeze dried bananas, fine crushed

As desired: Candied ginger, ground

Ground cinnamon

Dark or light unsweetened cocoa, use small amount to taste

Follow the basic directions above; add the ground candied ginger, cinnamon, and cocoa according to taste. We found that our ground bananas didn't have a strong flavor.

Recipe Inspired by: Fresh Thyme - **Crave magazine**, July/August 2018.

About the Recipe: Popcorn is a whole grain, which is high in fiber. It also has protein, vitamins, and minerals. A bonus is that it is low in fat, sugar, and has no cholesterol. However, ready-to-eat popcorn adds large amounts of fat and sugars. This popcorn is light, fluffy, and coated with 100% real fruit flavor. It can be prepared with any freeze-dried crushed fruit for a fantastic flavor addition. We especially liked the strawberry flavor, and it looked so attractive served in a summer bowl.

For health information See:

<https://www.medicalnewstoday.com/articles/324763#is-popcorn-healthy>