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**“Cinnamon Heart Popcorn Balls”**

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 Dairy Council of Utah

Fun variation to traditional popcorn balls. Makes approximately 12 popcorn balls

**Ingredients:**

- 16 cups popped corn
- 1 1/2 cups sugar
- 1/2 cup water
- 1/2 cup corn syrup
- 1/2 cup butter
- 1/4 teaspoon cinnamon oil, optional
- drop or two red food color, optional
- 2/3-1 cup red cinnamon heart candies

**Method:**

Preheat oven to 250<sup>0</sup>F.

Butter a large metal bowl (must hold approx 2 gallons popped corn). Fill bowl with popped corn; place in oven to keep warm while preparing syrup.

Butter sides of heavy pan; combine sugar, water, corn syrup, and butter. Stirring, bring mixture to a boil over medium heat.

Cover with a lid to wash down sugar crystals from sides of pan. Cook, without stirring, to 248-250<sup>0</sup> F or a softer hard ball stage.\* Remove from heat and stir in optional food color and cinnamon oil.

Remove popcorn from oven, sprinkle with cinnamon candies; pour syrup over popped corn and gently stir to coat. Cool until popped corn is cold enough to handle. Shape into 3-inch popcorn balls. Allow to cool. Wrap each ball with plastic wrap.

\* NOTES: Hardball stage is reached when a small amount of syrup dropped in cold water maybe formed into a firm but still pliable ball with fingers.



<b>Nutrition Facts</b>	
Serving Size 1 ball (78g)	
Servings Per Container 12	
Amount Per Serving	
<b>Calories</b> 320	Calories from Fat 70
% Daily Value*	
<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 5g	<b>24%</b>
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 95mg	<b>4%</b>
<b>Total Carbohydrate</b> 63g	<b>21%</b>
Dietary Fiber 2g	<b>6%</b>
Sugars 49g	
<b>Protein</b> 1g	
Vitamin A 6%	Vitamin C 0%
Calcium 0%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	