



Dulce De Leche Popcorn Balls

- 12 cups popped **JOLLY TIME[®] Healthy Pop** 94% Fat Free Microwave Pop Corn
- 2/3 cup fat-free sweetened condensed milk
- 1/2 cup packed light brown sugar
- 1 fun size (.75 ounce) chocolate-covered crunchy peanut butter candy bar, crumbled
- 1/4 cup butterscotch-flavored instant pudding mix
- 1/3 cup low-fat graham cracker crumbs, optional

Prep Time: 15 minutes

Here's How:

Place popped **popcorn** into a very large bowl, removing any unpopped

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kernels. In a medium microwave-safe bowl, combine sweetened condensed milk, brown sugar, crumbled candy bar and pudding mix; stir. Microwave on high 1-1/2 minutes or until boiling; stir. Cook on high 30 seconds, stir (mixture should be thickened). Pour over popped popcorn, mix until well coated. Spray JOLLY TIME[®] Pop Corn Ball Maker with non-stick cooking spray. Fill larger ball half to the rim with popcorn mixture. Press with smaller half to form a ball or form into a ball with your hands that have been sprayed with non-stick cooking spray. Roll in graham cracker crumbs, if desired. Place on parchment paper or waxed paper; let stand at least 1 hour (they become less sticky as they stand).

Yield: 9 popcorn balls

Nutritional Analysis per (1 ball) serving without graham cracker crumbs:

Calories: 166

Dietary fiber: 2g

Total fat: 2g
Carbohydrates: 37g
Protein: 3g
Sodium: 182mg
Cholesterol: 0mg