January 19- Honey Popcorn Balls
Not Smart Snack Compliant
Link: http://recipes.sparkpeople.com/recipe-detail.asp?recipe=221

**Recipe**
*Ingredients:*
- ½ cup honey
- ½ cup sugar
- 1 Tablespoon butter
- ½ teaspoon cinnamon
- 5 cups hot-air popped popcorn
- Butter for handling

*Directions:*
1. Place air-popped popcorn in a large bowl and set aside.
2. In a 2-quart microwave-safe bowl combine honey, sugar, cinnamon and 1 Tablespoon butter. Cover with plastic wrap and microwave on high or to 275°F for 5-7 minutes.
3. Pour honey mixture over popcorn and stir to coat with a wooden spoon. Set aside to cool.
4. After thoroughly washing your hands, butter your hands and then shape popcorn into balls.

Yield 6 servings