



Popcorn Balls

Preparation time: 10 minutes

Recipe makes: 15 popcorn balls

Ingredients

- 3 ½ Tbsp butter, unsalted
- 3 cups miniature marshmallows
- 1–2 drops vanilla extract
- 11 cups popcorn, air-popped, unsalted

Directions

1. Melt butter and marshmallows in a medium-sized saucepan over a gentle heat, stirring continuously. Remove from heat and stir in vanilla.
2. Place popcorn in a large bowl and pour the marshmallow mixture over, stirring with a long wooden spoon.
3. Allow mixture to cool before handling. Grease hands with butter and take a handful of the mixture and form balls.
4. Place popcorn balls into a muffin tin and refrigerate to cool.
5. Once cooled, serve or store in an airtight container.

Nutrition Information (1 popcorn ball)

Calories: 80 | Protein: 1 g | Potassium: 19 mg

Phosphorus: 19 mg | Sodium: 9 mg

This recipe was developed by Sarah Trace, Renal Dietitian and Dietetic Support Workers, Bristol Royal Hospital for Children, UK and is from their Kidney Friendly Cookbook.

Check with your child's healthcare professional before making changes to their diet.

This recipe was analyzed using FoodData Central. The nutrition information could change depending on the brand of the product you choose and should only serve as a guideline. Be sure to check the nutrition label of any product substitution to ensure it is suitable for your child. Refer to labels for allergen information and suitability.

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Notes



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