



Gingersnap Popcorn Snack Mix

Courtesy of the Popcorn Board

2 quarts	popped popcorn butter-flavored cooking spray	1/2 teaspoon	freshly ground nutmeg
1/3 cup	granulated sugar substitute	1/4 teaspoon	cinnamon
2 teaspoon	ground ginger	1/4 teaspoon	ground cloves
		1/8 teaspoon	freshly ground black or white pepper

Preheat oven to 325° F. Spread popcorn on baking sheet and spray lightly with the cooking spray.

Combine remaining ingredients in a small bowl and sprinkle evenly over popcorn. Spray again with cooking spray and toss to coat evenly.
Bake 7 minutes and serve warm.

Date Nut Balls

1 1/4 cup	flour	1 teaspoon	vanilla
1/4 teaspoon	salt	2/3 cup	chopped dates
1/2 cup	butter	1/2 cup	chopped pecans
1/3 cup	powdered sugar	additional powdered sugar for topping	
1 tablespoon	milk		

1. Combine flour and salt; sift twice.
2. Cream the butter and gradually add sugar. Add milk and vanilla, then stir in the sifted flour mixture. Blend in dates and nuts.
3. Roll into 1-inch balls. Place about 3 inches apart on an ungreased baking sheet.
4. Bake at 300 degrees for about 17 minutes or until light brown. While warm, roll in powdered sugar.

Denise Rowilson, Colorado Springs

Cheese Puffs

1 cup	grated cheddar	1/3 cup	vegetable oil
1 cup	wheat flour	1/4 cup	water

1. Combine all ingredients in a mixing bowl. Mixture will be crumbly.
2. Roll into 1-inch balls and place on a greased cookie sheet.
3. Bake at 350 for 20 minutes. Serve hot or at room temperature.

Heather Alwin, Brewster

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