

Peanut Butter Popcorn

Enjoy this great fall snack



- 1/3 cup popcorn kernels
- 1/3 cup sugar
- 1/3 cup honey
- 1/3 cup peanut butter

Pop the popcorn and pour into a large bowl. In a saucepan, combine sugar and honey and bring to a boil stirring constantly. Remove from heat and stir in peanut butter. Pour the Hot mixture over the popped corn and stir. Pour the popcorn onto a greased cookie sheet to cool. For a crunchier treat, bake the peanut butter popcorn in a 275 degree oven for 10 - 15 minutes.

We Get Questions



Is it safe to cook in a slow cooker, since it cooks at such a low temperature?

Yes, the slow cooker, a countertop appliance, cooks foods slowly at a low temperature - generally between 170 and 280 degrees F. The low heat helps less expensive, leaner cuts of meats become tender and shrink less. The direct heat from the pot, lengthy cooking and steam created within the tightly-covered container combine to destroy bacteria and make the slow cooker a safe process for cooking foods. Reheating leftovers in a slow cooker is **not recommended**.



Healthy Halloween Treats

Treats are part of the Halloween fun. However, they don't have to be sticky, gooey candy. Instead think about some low-calorie options. Here are some ideas to get you started.



- Cheese and cracker packages
- Sugar-free gum
- Cheese sticks
- Juice boxes
- Small packages of nuts or raisins
- Package of instant cocoa mix
- Peanuts in the shell

You can also consider some non-food treats such as stickers, crayons, pencils, colored chalk, erasers, whistles, baseball cards and rubber spiders or worms.

Remember when children get home, check the treats and keep only treats which are unopened. Be sure to inspect fruits and homemade goods for anything suspicious.

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