

Alternative sweet popcorn

Serves 2

Ingredients

4 kallo rice cakes

1 tablespoon of icing sugar

¼ teaspoon of water

1 teaspoon of vanilla essence or flavouring

Method

1. In a bowl combine the icing sugar, water and the vanilla essence
2. Break the rice cakes into small chunks and place them into the bowl with the icing sugar
3. Roll the chunks of rice cake in the mixture to coat.
4. Place in the microwave for 20 seconds and serve

Alternative chocolate popcorn

Serves 2

Ingredients

4 kallo rice cakes

¼ teaspoon of water

1 handful of dark chocolate drops

Method

1. Break the rice cake into chunks and place into a bowl with the water. Coat the “popcorn” in the water
2. Melt the chocolate drops in a bowl in the microwave for 1 minute.
3. Dip the “popcorn” into the chocolate and leave in a cool place to set for 10 minutes.