

---

## Popcorn treat recipe for obesity, cholesterol

Posted by dailyherald - 2007/01/08 16:04

---

I was appalled by the "Yummy Caramel Popcorn" recipe that Karen Hoag put in her column Jan. 2.

The ingredients for her wonderful popcorn concoction about gave me a heart attack (1/2 cup of butter, 1/2 cup of brown sugar, 1 cup of mini-marshmallows, and 2 bags of microwave popcorn).

Read more...

=====

## Re: Popcorn treat recipe for obesity, cholesterol

Posted by PG-Reader - 2007/01/09 06:37

---

Except that they weren't Karen's recipes. One would have to eat the entire mix to consume the fats and calories you are worried about and I can't see where that idea was championed.

The recipes are touted as "fast, cheap and easy", which they are indeed.

I don't think most people confuse "treats" as health food.

Personally I prefer air popped popcorn for my caramel popcorn.

=====

## Re: Popcorn treat recipe for obesity, cholesterol

Posted by The Keeper - 2007/01/09 12:09

---

PG-Reader wrote:

Except that they weren't Karen's recipes. One would have to eat the entire mix to consume the fats and calories you are worried about and I can't see where that idea was championed.

The recipes are touted as "fast, cheap and easy", which they are indeed.

I don't think most people confuse "treats" as health food.

Personally I prefer air popped popcorn for my caramel popcorn.

And preferably without the table sugar treated with chlorine and marketed as Splenda.

=====

## Re: Popcorn treat recipe for obesity, cholesterol

Posted by austindm - 2007/01/09 12:12

---

dailyherald wrote:

I was appalled by the "Yummy Caramel Popcorn" recipe that Karen Hoag put in her column Jan. 2. The ingredients for her wonderful popcorn concoction about gave me a heart attack (1/2 cup of butter, 1/2 cup of brown sugar, 1 cup of mini-marshmallows, and 2 bags of microwave popcorn).

Read more...

I was appalled that David was so whiny as to write a letter about a popcorn snack, and blame Karen for it! (Psst. Get a life,

David) :-\*

---

## Re: Popcorn treat recipe for obesity, cholesterol

Posted by Marylb - 2007/01/09 14:19

---

David if you double the recipe it is a double heart attack. Look, there are times for eating good (and those times would be your daily food intake,) and there are moments when you just need recipes that insure a one day setback for seven days of being good or semi-good. Too much worry over one day can make people cheat seven days so go with the flow...grab that butter or chocolate, or sugar vat and eat it like you earned it.

And then get back to your good self. Isn't that the trick? Know when to hold it and know when to blow it! Relax.

You could have thanked her for the recipe and just added that you have another recipe for those who wish to substitute the ingredients.

---

## Re: Popcorn treat recipe for obesity, cholesterol

Posted by trco - 2007/01/11 12:55

---

Norcal wrote:

David if you double the recipe it is a double heart attack. Look, there are times for eating good (and those times would be your daily food intake,) and there are moments when you just need recipes that insure a one day setback for seven days of being good or semi-good. Too much worry over one day can make people cheat seven days so go with the flow...grab that butter or chocolate, or sugar vat and eat it like you earned it.

And then get back to your good self. Isn't that the trick? Know when to hold it and know when to blow it! Relax.

You could have thanked her for the recipe and just added that you have another recipe for those who wish to substitute the ingredients.

My sentiments exactly. Some food tastes good because it has lots of calories and lots of fat. I heard a chef once talking about a recipe for some gooey rich "Chocolate Cake of Death" on the radio and someone called in and asked if there was a way to cut the fat and calories down. His reply was that you could cut the fat and calories down by 50% by eating only half of a piece. He went on to say that if you changed the recipe you would not be making THIS cake you would be making some other cake.