



Popcorn

By Frances Towner Giedt

Simon & Schuster. Paperback. Book Condition: New. Paperback. 112 pages. Dimensions: 7.0in. x 7.0in. x 0.3in. Popcorn may be Americas favorite snack food. Preserved cobs of popcorn thousands of years old have been found in Peru, Mexico, and the American Southwest. Memories are made of popcorn balls at Halloween and stringing popcorn to decorate the Christmas tree. Today, sitting through a movie without a bag of crunchy kernels is almost unthinkable. Popcorn is the ideal snack. Eaten without oil or butter, its a skinny 27 calories per cup. Since its a whole grain with a high fiber content, it has a well-deserved recommendation from both the American Cancer Society and the National Cancer Institute. Even the American Dental Association lists it as a wholesome snack! (Now, dont you feel virtuous) But most of all, popcorn is fun to eat. Combined with some spices and herbs, it rivals the most expensive off-the-shelf snack but costs just pennies to make. Make it spicy for a sophisticated treat, or sweet to satisfy the kid in you. In Popcorn, award-winning author Frances Towner Giedt starts with the basics of how to make terrific popcorn, then shows you how to dress it up. Whether your taste...



READ ONLINE
[9.53 MB]

Reviews

Completely among the best ebook I actually have possibly read. It can be rally fascinating throgh reading through period of time. I am very easily can get a pleasure of studying a written ebook.

-- Mr. Antone Rogahn Sr.

This pdf is wonderful. It really is writter in simple terms instead of hard to understand. Its been developed in an exceedingly simple way and it is just after i finished reading this ebook in which in fact modified me, alter the way in my opinion.

-- Ollie Powlowski