

SALTY CARAMEL POPCORN



INGREDIENTS

- 1 tbs sugar
- 2 tbs maple or rice syrup
- 2 tbs coconut oil or butter
- 1 tsp salt
- 1 vanilla bean, beans scraped out
- 6 cups popcorn, popped

PREPARATION TIME: 5 MINS

COOKING TIME: 10 MINS

SERVES: 4

PREPARATION

- * Precook your popcorn and put it in a big bowl.
- * Grab a small saucepan.

METHOD

1. Place the syrup, sugar, salt, vanilla bean seeds & oil or butter into a saucepan on the stove.
2. Stir it occasionally over medium heat for 5 minutes until the liquid starts to thicken and bubble slightly.
3. Pour the caramel over cooked popcorn, mix well and leave it to cool for a bit before devouring!

VARIATIONS & TIPS

- * Please beware if cooking this with kids - the caramel sauce is really hot!
- * You can add nuts to this recipe for extra crunch.
- * I use Himalayan pink salt for this recipe.
- * The rice malt syrup is a better alternative if you are trying to avoid fructose.
- * If dairy free, stick to the coconut oil instead of butter.
- * If you don't have any vanilla beans, swap them for 1 tsp of vanilla extract or just omit completely.
- * I recommend air popping your popcorn. They're quite inexpensive machines to buy and it makes this recipe very easy!

NOTE

When possible, look for organic ingredients to be sure you are avoiding additives and pesticides or check the label carefully for nasties in the ingredients.