



STICKY CARAMEL POPCORN

*When you ask Nutritionist & Naturopath Casey-Lee Lyons for a popcorn recipe **or two**, oh boy does she deliver. Here is a fun popcorn snack with homemade sticky caramel for all the sweet tooth's out there.*

How to make stove top popcorn (makes approx 8 cups)

Ingredients:

3 tbsp coconut oil

1/3 cup organic popcorn kernels

Method:

Heat oil in a thick bottomed saucepan (with lid).

Melt coconut oil. Put 3-4 kernels into the oil, when kernels pop the temperature is right. Add the rest of your popcorn (across one even layer).

Cover (with a lid slightly ajar for drier and crispier popcorn) and remove from heat for 30 seconds (this helps to even the temperature so that they pop at the same time).

Return to heat. Once popping slows remove from heat.

Allow to cool.

Sticky Caramel Popcorn

Serving Size: makes 3 cups

Cook time: 10 minutes

Ingredients:

2 tbsp pure maple syrup

1 tbsp hulled tahini

1 tbsp coconut oil

3 cups popped popcorn

Method:

Set aside popcorn in a heat proof mixing bowl.

In a small saucepan combine maple syrup, tahini and coconut oil. Mix well.

Over medium heat allow the syrup to come to a boil and leave to bubble away for a full minute.

Remove from heat and pour over popped popcorn.

Mix to combine caramel with popcorn.

Allow to cool in fridge. Store in an air-tight glass container in your fridge for freshness.

Gluten Free | Dairy Free | Nut Free | Refined Sugar Free

Have you tried our savoury **Pizza Popcorn?**

This recipe was designed by Brisbane nutritionist, naturopath and recipe developer Casey-Lee Lyons from Live Love Nourish. For more healthy recipes and to download your free recipe e-book please visit her website www.livelovenourish.com.au.

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