

Maple Pumpkin Popcorn

6 ingredients · 15 minutes · 3 servings



Directions

1. In a tall, deep pot, melt coconut oil over medium-high heat. Add 2-3 "test" kernels and cover your pan until they pop.
2. Add the remaining kernels to the pot, cover and remove from heat for 30 seconds (to allow all kernels to reach equal temperature).
3. Return your pot to the medium-high heat with your lid tilted open to release steam (this keeps the popcorn crispy). Occasionally give your pot a shake. Once the kernels stop popping, about 2 minutes, transfer to a large bowl.
4. Turn off the stove. Make your maple pumpkin syrup in the same pot while it is still hot. Stir together the maple syrup, pumpkin, cinnamon and salt.
5. Drizzle the syrup onto your popcorn. Gently toss, divide into bowls and enjoy!

Notes

Storage

The popcorn is best had fresh but you can refrigerate the maple pumpkin syrup in an air-tight container up to 5-6 days.

Ingredients

- 1/3 cup** Organic Popcorn Kernels
- 2 tbsps** Coconut Oil
- 2 tbsps** Maple Syrup
- 1 tbsp** Pureed Pumpkin
- 1/4 tsp** Cinnamon
- 1/4 tsp** Sea Salt