

Simple Caramel Corn

Pop the amount of plain unpopped popcorn desired. After popping the popcorn, spread on a baking sheet & drizzle pure maple syrup over the popped popcorn. Less is more with drizzling the maple syrup.

Put in a 275 degree oven that's been preheated. Cook for 10-12 minutes. After removing from the oven, add a little salt, if desired. Let cool for about 5 minutes & enjoy.

This is a very simple, but a good recipe to satisfy a sweet tooth in a healthy way. Everyone I've served it to has loved it!

Recipe by Emily Walton