



Maple Pumpkin Popcorn

1 serving
15 minutes

Ingredients

3 cups Organic Popcorn (Air popper or on the stove top is best.)
 1 tbsp Coconut Oil
 1 tbsp Maple Syrup
 1 tbsp Pureed Pumpkin
 1/2 tsp Cinnamon
 1/2 tsp Sea Salt

Nutrition

Amount per serving	
Calories	346
Fat	23g
Carbs	35g
Fiber	4g
Sugar	13g
Protein	3g

Directions

- 1 Mix the maple syrup, coconut oil, pumpkin, cinnamon and salt in a small bowl and heat up to mix well (either in microwave or stove top).
- 2 Drizzle the syrup onto your popcorn. Gently toss, divide into bowls and enjoy!

Notes

Pop your own corn: In a tall, deep pot, melt 2 tbsp coconut oil over medium-high heat. Add 2-3 "test" kernels and cover your pan until they pop. Add the remaining kernels to the pot, cover and remove from heat for 30 seconds (to allow all kernels to reach equal temperature). 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.

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

A favorite snack food that doesn't sabotage your goals!: Buttered popcorn is definitely one of my personal favs. Even fake-buttered movie theatre popcorn (yup, total guilty pleasure!) But here's a recipe that you need not feel guilty about! A little sea salt, no problem - supports your thyroid and therefore, your metabolism. A little maple syrup, yes please! One of nature's truest sweeteners - and it actually helps balance blood sugar levels, rather than disrupt them. So go ahead, enjoy your wholesome and goal-supporting snack!