

RECIPE

Popcorn Frenzy

24 servings

Ingredients

For the Base Popcorn:

3/4 cup yellow popcorn kernels
2 tablespoons canola olive oil blend

For the Sweet & Savory Peanut Butter Popcorn:

1/2 cup sugar
1/4 teaspoon kosher salt
1/2 cup honey
2/3 cup crunchy peanut butter

For the Rosemary Popcorn:

3/4 teaspoon kosher salt
3 tablespoons finely chopped fresh rosemary

For the Chili-Spice Popcorn:

3/4 teaspoon garlic powder
1-1/2 teaspoons ground paprika
1-1/2 teaspoons ground cumin
1-1/2 teaspoons chili powder
1/2 teaspoon kosher salt
1/4 teaspoon cayenne pepper

For the Curry Popcorn:

3/4 teaspoon kosher salt
2 tablespoons curry powder
1/2 teaspoon sugar

Directions

For the Base Popcorn:

In a large pan with a lid, add the oil and heat the pan over a medium high heat.

When the oil is hot add the corn kernels. Shake pan and once it begins popping, place a lid to prevent popped corn from jumping out.

Shake the pan occasionally during the process and do not remove from heat until all kernels have popped.

When the popcorn is done, divide among bowls, sprinkle and toss with your favorite spice blend. Serving size is 1 cup.

For the Sweet & Savory Peanut Butter Popcorn:

Place whole recipe of popped popcorn from above in large bowl. Set aside until ready to use. Prepare a baking sheet by lining it with parchment paper.

In a saucepot, combine sugar, salt, and honey over medium high heat. Bring to a simmer until sugar is completely dissolved. Remove from heat, add peanut butter and mix well.

Pour peanut butter mixture over the popcorn and toss well. Spread out the popcorn on prepared baking sheet and allow the popcorn to cool completely.

Once cooled, break up the popcorn in bite size pieces. Serving size is 1 cup.

Base/Spiced Popcorn:

CALORIES	FAT	SATFAT	CARBS	PROTEIN	FIBER	SODIUM
122	5	1	16	5	6	256

Sweet & Savory Peanut Butter Popcorn:

CALORIES	FAT	SATFAT	CARBS	PROTEIN	FIBER	SODIUM
220	10	1	31	6	4	101