

# Healthy Recipe of the Week

*Use Organic ingredients whenever possible.*

## Maple Caramel Corn

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- 2 T virgin coconut oil
- 1/4 t sea salt
- 1 c organic popcorn kernels
- 1/2 c virgin coconut oil or organic butter
- 1 c maple syrup
- few dashes sea salt

1. Heat an 8-quart stockpot over high heat for a minute or so. Add the 2-3 T. oil and salt, then popcorn. Cover and cook for a few minutes, moving the pot vigorously, until the popping has subsided. Quickly remove from heat to prevent burning and pour popcorn into two large bowls (or one really large bowl if you own one).
2. In a small to medium saucepan, heat the coconut oil or butter, maple syrup, and a few dashes sea salt over medium heat. Once small bubbles form, begin timing for 4 to 5 minutes. Cook, whisking occasionally until thickened and foamy. Quickly pour over popcorn in bowls and toss together using two large spoons. Spread into two shallow baking pans or cookie sheets and place in the oven.
3. Bake for 10 minutes stirring halfway through. Let cool completely. Caramel corn will crisp up as it cools. Store in a tightly sealed container once completely cooled to keep it crisp.