

RECIPE CARD

SNICKERDOODLE POPCORN

YIELD
5 SERVINGS

TOTAL TIME
10 MINUTES

Nutrition Facts

5 servings per container
Serving size 1 Cup

Amount per serving
Calories 90

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 21g	8%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 5g Added Sugars	10%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 11mg	0%
Iron 1mg	6%
Potassium 18mg	0%



INGREDIENTS:

- 1/2 cup popcorn, unpopped kernels
- 1 tsp. avocado oil or olive oil
- 2 tablespoon maple syrup, pure no sugar added
- 1/2 teaspoon cinnamon
- 1/2 teaspoon salt

DIRECTIONS:

- 1.Heat 1 tsp. oil over medium heat.
- 2.Add 1/2 cup kernels, cover and let the popping begin.
- 3.Shake the pot consistently until the pops slow down.
- 4.Pour your popcorn into a large bowl.
- 5.Whisk in small bowl: 1 Tbsp. oil, 2 Tbsp. pure Maple syrup, and 1 tsp. of cinnamon.
- 6.Pour mixture over popcorn and toss to mix.

