

Lightened Caramel Corn

Items Needed: measuring cups, measuring spoons, wooden spoon, soup/stock pot, medium saucepot, kitchen thermometer, baking sheet.

Serves: 6-8

Ingredients:

- 2 tbsp canola oil
- ½ cup popping corn
- 3 tbsp butter
- ¼ cup maple syrup
- 2 tbsp packed brown sugar
- Splash of vanilla
- Pinch of baking soda
- Pinch of salt

Directions:

1. Pop the ½ cup of popcorn kernels to your liking either on the stovetop with the canola oil or if you have an air popper and want to minimize the fat content, that works as well.
2. This should yield approximately 7-8 cups of popcorn. Place in a large mixing bowl and set aside.
3. Preheat your oven to 300 degrees
4. In a medium saucepot, add the butter, maple syrup and brown sugar. Bring to a boil, the mixture will be slightly foamy looking. Heat until the mixture reaches approximately 240 degrees.
5. Remove from heat and stir in the vanilla, salt and baking soda.
6. Pour over popcorn and mix until the popcorn is evenly coated.
7. Lay out on a baking sheet and bake for 20-25 minutes. Remove and let cool for 5 minutes. The caramel should have set and hardened for a crispy outer crunch on the popcorn.

Nutrition Information (per 1/8 recipe):

Calories: 145 Fat: 7.7 g Carbs: 15.3 g Protein: 1.3 g Fiber: 1.7 g Sodium: 31.3 mg

<https://wexnermedical.osu.edu/nutrition-services>



