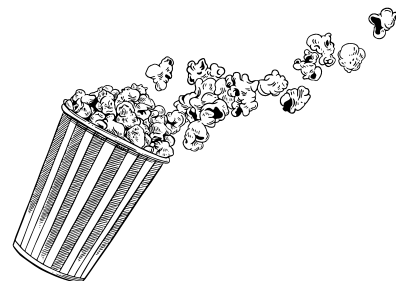


Dizzy Lizzie's Farm Recipes



MAPLE SYRUP POPCORN



Ingredients

- 1/2 cup popcorn kernels
- 1/4 cup pure maple syrup
- 1/4 cup butter
- 3/4 teaspoon sea salt or more to taste

Prep Time: 5 Mins

Cook Time: 5 Mins

Instruction:

1. Pop 1/2 cup popcorn kernels on stovetop or air popper.
2. While the popcorn is popping, heat the butter and maple syrup in a small pot over medium-low heat. Once it comes to a boil, reduce it to a simmer and simmer for 2 minutes.
3. Watch it carefully!!!! If needed, lower the heat so the mixture doesn't burn. Do not be alarmed if it begins to foam. Interesting fact: When making maple syrup a de-foamer is used.
4. Remove the maple syrup mixture from the heat, and stir in the salt if desired.
5. Dump half of the maple syrup mixture over the popped popcorn.
6. Gently stir until well coated.
7. Add in the remaining maple syrup mixture and stir.
8. Give it a taste, and add more salt if desired.

Recommended Substitutions/Additions:

- Add Pecans or other nuts
- Add Vanilla
- Add Chocolate (milk, dark or white) for drizzling separate
- For meat lovers, fry up some bacon.
- Use Microwave Popcorn
- Add Marshmallows
- Substitute butter with avocado oil or sunflower oil or for a double whammy honey butter

