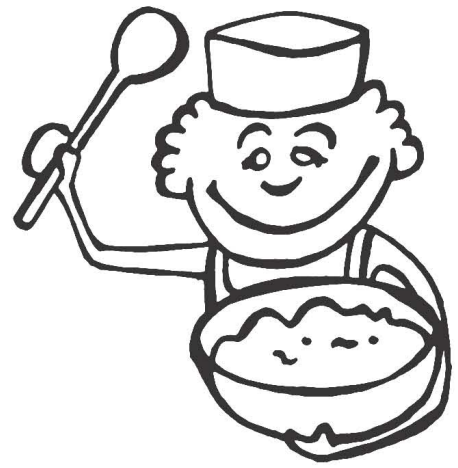


Sparkle Kitchen



Martin & Sylvia's Nutty Popcorn

Ingredients

- 1/4 cup un-popped popcorn
- 2 tbsp coconut oil or other oil for popping
- 3/4 cup chopped nuts (I used almonds. The more finely they are chopped, the better they will stick.)
- 3 tbsp unsalted butter
- 3 tbsp liquid sweetener (I used raw honey and rice syrup.)
- 1/8 tsp sea salt or to taste

Directions

Begin to heat the coconut oil in a large, heavy pot. Add popcorn, distributing evenly across the bottom of the pan and allowing it to be covered in oil. Put a lid on the pot. Turn the heat to medium high, until the first popcorn begins popping. From there forward, give the pan a good shake — every 15 seconds or so — to make sure the un-popped corn gets a chance to pop! Once the popping slows and it gets quiet, you'll know you're pretty much done.

Pour the popped popcorn into a large bowl. Return the pot to the stove, and lower the heat to medium-low. Add the butter and the sweetener, and allow to melt. Stir frequently to combine, and cook for a minute or two so that the sweeteners caramelize just a bit.

Now, pour 1/2 of the melted butter/sweetener mix over the popcorn. Stir to combine. Add the other 1/2 and again stir. Sprinkle the chopped nuts over the top, along with a pinch of salt. With clean hands, gently mix the now-sticky popcorn and the nuts, until they are thoroughly combined. Add another pinch of salt, give it one more mix, and serve!

Be ready for sticky fingers (and happy eaters). Enjoy!