

French Toast Popcorn

Ingredients

Cooking Spray
8 cups popcorn (popped without butter, oil or salt)
½ cup maple syrup
1 tbs butter
½ tsp salt
½ tsp cinnamon

Directions

1. Preheat oven to 300°.
2. Coat a large baking pan and a large mixing bowl with cooking spray.
3. Place popcorn in the bowl.
4. Combine syrup, butter, salt, and cinnamon over medium heat. Bring to a boil, stirring only until combined.
5. Cook without stirring for 2 minutes.
6. Pour syrup mixture over popcorn in a steady stream, stirring to coat.
7. Spread popcorn mixture in an even layer in the pan.
8. Bake for 15 minutes.
9. Allow to cool completely in the pan

Nutrition Information makes 16 servings (1/2 cup)

Per Serving

Calories: 50
Fat: 1g
Carbohydrate: 10g
Protein: 0g
Fiber: 1g
Sodium: 80mg



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