

SPICY MAPLE-CASHEW POPCORN

(from *Cooking Light*, December 2010)

1 Tbsp canola or coconut oil
1/4 c. popcorn kernels (about 6c. popped)
1/4 c. dry-roasted cashews
1/4 c. sugar
1/4 c. pure maple syrup
1 Tbsp butter
1/2 tsp salt
1/4 tsp cayenne pepper

Heat oil in a pan and pop the popcorn. (I use a Whirlypop Pan, but you can use a traditional pan, just make sure you shake often as it's popping.)

Line a jelly-roll pan with parchment paper. Stir the cashews into popped corn.

Combine sugar, maple syrup, butter, salt and cayenne in a small pan; bring to a boil. Cook for 1 minute stirring constantly. Remove from heat; cool 1 minute.

Pour hot syrup over popcorn mixture. Toss to coat. Immediately spread onto prepared pan. Cool 3 minutes. Enjoy!