Apple Pie Popcorn

Bring this sweet treat to your next gathering — it’s a good source of fiber and simple to make!

**Serves 6**

**Ingredients**

- ½ cup dry popcorn kernels
- 2 tablespoons butter
- ¼ cup honey
- ½ teaspoon vanilla
- ½ teaspoon cinnamon
- 1 cup dried apples, chopped
- ½ cup walnuts, chopped
- ¼ teaspoon salt
- 1 tablespoon ground flaxseed

**Directions**

1. Pop dried corn kernels in an air popper according to manufacturer’s recommendations and place in a large bowl.
2. In a saucepan, heat butter, honey, vanilla, and cinnamon over medium heat for 2-3 minutes until mixture is completely melted and simmering, stirring constantly to avoid burning.
3. Pour the melted butter mixture over popcorn evenly and toss to coat.
4. Add apple and walnut pieces. Mix in evenly.
5. Sprinkle salt and ground flaxseed over top, and toss to combine.

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>About 2 Cups</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings Per Recipe</td>
<td>6</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 200</th>
<th>Calories from Fat 70</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Daily Value*</td>
<td>12%</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>8g</td>
<td>13%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>2.5g</td>
<td>13%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>10mg</td>
<td>3%</td>
</tr>
<tr>
<td>Sodium</td>
<td>140mg</td>
<td>6%</td>
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<tr>
<td>Total Carbohydrate</td>
<td>32g</td>
<td>11%</td>
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<tr>
<td>Dietary Fiber</td>
<td>4g</td>
<td>16%</td>
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<tr>
<td>Sugars</td>
<td>17g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>3g</td>
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</table>

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

<table>
<thead>
<tr>
<th>Calories per gram:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fat 9 • Carbohydrate 4 • Protein 4</td>
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</tbody>
</table>

Please note: nutritional values are approximate.

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