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

Nutrition Facts

Serving Size About 2 Cups
Servings Per Recipe 6

Amount Per Serving

Calories 200	Calories from Fat 70
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 140mg	**6%**
Total Carbohydrate 32g	**11%**
Dietary Fiber 4g	**16%**
Sugars 17g	
Protein 3g	

Vitamin A 4% • Vitamin C 0%

Calcium 0% • Iron 4%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Please note: nutritional values are approximate.

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.

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