Honeyed Caramel Popcorn

EASY • 35 MINS

Crunchy, caramel and oh-so moreish, this divine honey, brown sugar and vanilla caramel popcorn recipe is a school holidays and movie night in favorite. Why not make a double batch and gift it to someone special too!

SKILL LEVEL	PREP TIME	COOKING TIME	SERVINGS
Easy	20 mins	15 mins	4-6

Ingredients

- 125g butter, unsalted
- 100g brown sugar
- 90g (¼ cup) Capilano Organic Raw Honey

Method

1. Preheat oven to 160°C (fan-forced). Line two baking sheets with baking paper, set aside.

Visit capilanohoney.com.au to learn how to swap honey for sugar in your recipes.

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- 1 tsp vanilla bean paste
- ¼ tsp bicarb soda
- 2 tbsp coconut or vegetable oil
- 250g popcorn kernels
- ½ tsp sea salt flakes, to serve

Used in this recipe

Organic Raw Honey

Smooth, sweet and fragrant, Capilano Organic Raw Honey is made by Aussie bees that have foraged native eucalypt and ground flora in Australia's pristine national parks and forests.

Discover a Premium Taste
Perfectly pure, this honey is delicious drizzled on toast, cereal, tea, smoothies and yogurt.

Australian Certified Organic
This exceptional honey has been hand harvested by Aussie beekeepers from hives located within a 5km organic foraging radius and carefully packed to organic specifications.

Make the Sweet Switch
Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savory recipes. Learn more about how to swap Capilano for sugar in your recipes here.

Method

2. Heat oil in a large saucepan over medium heat. Add popcorn kernels, cover and cook, shaking the pan, for 4–5 minutes or until popped. Transfer to baking trays and distribute evenly.

3. Combine butter, honey and brown sugar in a saucepan over medium heat, bringing to a boil for 3-4 minutes, being careful not to burn mixture. Remove from heat, add vanilla, bicarb soda and salt. Mixture will bubble up, stir quickly.

4. Tip caramel over popcorn and stir well using two spoons to roughly coat. Don't worry if the mixture sets before fully coating. Place in oven to bake for 5 minutes.

5. Remove from oven and mix to coat popcorn with melted caramel again. Bake for an additional 5 minutes and then allow trays to cool on benchtop. Break cooled caramel popcorn up before serving.

6. Popcorn will keep in an airtight container for up to a week – if it lasts that long!

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