CINNAMON MAPLE POPCORN

Servings: 6 1-cup servings

INGREDIENTS
3 tablespoons corn kernels (or 6 cups popped popcorn, popped without oil or butter)
2 teaspoons olive oil, or somewhat less spray olive oil
1/2 teaspoon vanilla extract
1 1/2 teaspoons maple syrup
1 1/2 teaspoons cinnamon
1/4 teaspoon nutmeg

DIRECTIONS
Use an air popper or a large pan on the stovetop to pop kernels
Place popcorn in a large bowl. Drizzle or spray with olive oil and then add vanilla and maple syrup. Toss to coat.
Sprinkle spices, distributing as much as possible across the top of the popcorn.
Toss well to coat kernels and serve immediately.

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