

Cinnamon Popcorn

Equipment: glass baking dish, saucepan, bowl
Preheat Oven: 250 degrees

Prep Time: 5 minutes

Cook Time: 30 minutes

Number of Servings: 6-8, depending on ages

- 1 bag popcorn, organic, *Good Health Natural Foods*, **KKA***
- 1 TBsp. xylitol sweetener
- 1/2 tsp. vanilla extract
- 1/2 tsp. ground cinnamon
- 1 TBsp. buttery spread, *Earth Balance*

Spread popcorn in baking pan. Melt butter spread; mix in bowl with with xylitol, vanilla and cinnamon. Drizzle over popcorn and mix gently. Bake in oven for 30 minutes. Let cool. Serve!

Super easy. Pleasing to all. Great picnic, treat and party food..

2 God-made Food Colors: white, brown.

4 Food Groups: vegetables, sweetener, spice, fats

PERFORMANCE RATING: 2/4

Not high in Performance rating but high in wonderful anti-inflammatory cinnamon. Since this popcorn is organic, or if you use popcorn made from sweet corn, you are free of the toxins otherwise found in corn. We like Earth Balance spread as it is made from healthier fats. Xylitol is a natural sweetener that is lower in calories than sugar. It is potent so little is needed to add a bit of sweet flavor. It is also known for its ability to protect your teeth from decay! Substitutes are Stevia or sugar cane.

We JUST had some Kid Critics taste test this recipe. 100% said, "Yes", we love it. Your kids can make this themselves. Put some in their camp lunch boxes! This is a slam dunk winner!

***KKA** means awarded the Kid Critics Approved Seal