



ELIZABETH GABRIELSON
WELLNESS

Maple Spiced Popcorn

Serves 2-3

Ingredients:

- 1/3 cup popcorn kernels
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon salt
- 1 tablespoon butter
- 1 tablespoon maple syrup

Directions:

1. Pop popcorn using stove, microwave or air popper.
2. Stir together melted butter and maple syrup and pour over cooked popcorn, cover and shake to combine.
3. Sprinkle ginger, nutmeg and ginger over the popcorn, cover and shake again.