



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 favourite. Why not make a double batch and gift it to someone special too!



SKILL LEVEL
Easy

PREP TIME
20 mins

COOKING TIME
15 mins

SERVINGS
4-6

Ingredients

- 125g butter, unsalted

Method

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

Visit [capilanohoney.com.au](https://www.capilanohoney.com.au) to learn how to swap honey for sugar in your recipes.

Share your creations with us! Simply tag #honeylovers & @capilanoHoney on Instagram or Facebook and you could be featured on our page!



- 100g brown sugar
- 90g (¼ cup) Capilano Honey
- 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

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!

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

Share your creations with us! Simply tag #honeylovers & @capilanothoney on Instagram or Facebook and you could be featured on our page!