



## 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

Visit [capilanothoney.com.au](https://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!



- 100g brown sugar
- 90g ( ¼ cup) [Capilano Pure 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



### PURE HONEY

Smooth, sweet and perfectly balanced, generations of Aussies have grown up with Capilano Pure Honey. Made by Aussie bees and their beekeepers, our signature blend of eucalypt and ground flora honey is the taste of Australia.

#### Make the Sweet Switch

Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savoury recipes. Learn more about how to swap Capilano for sugar in your recipes [here](#).

## Method

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