

Natural Caramel Corn

Ingredients:

1 gallon non GMO Organic popped corn (I popped $\frac{3}{4}$ -1 cup of popcorn in about 3T of coconut oil in a large pot to make a gallon; can also use air popped popcorn)

1 cup organic Valentia peanuts (may substitute other nuts or add no nuts)

1 cup organic honey

1/2 t of organic molasses (to give a brown sugar taste)

1/2 cup organic butter

1 t vanilla

1/2 t baking soda

1 t sea salt or Himalayan salt

Preheat oven to 250 degrees while corn is popping. Place popped corn and nuts in a large bowl.

In a medium size saucepan, melt butter, honey and molasses; bring to a soft boil and cook about 5 minutes after bringing to a boil.

Remove from heat and stir in vanilla, salt and baking soda (be sure the pan is deep enough to allow for the bubbling and puffing up when these are added)

Pour over popped corn and peanuts and toss until well coated.

Put mixture in large (10" x 2 x 16") Pyrex dish

Bake for 45 minutes stirring 2-3 times while baking (I set my timer for 15 minutes and stir twice)

Let cool and ENJOY!