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Vanilla & Almond Popcorn

Makes approximately 6 2-cup servings. Adapted from Real Food Recipes.

Ingredients

- 1/2 cup organic popcorn kernels
- 2 tbs coconut oil
- 2 Medjool dates (you can substitute 1/8 cup dried figs, raisins or cranberries)
- 2 tsp vanilla extract
- 1 tbs almonds
- 1 tbs water

Nutritional info per cookie

Calories:	149
Total fat:	6g
Cholesterol:	0mg
Sodium:	0mg
Total Carbs:	23g
Dietary Fiber:	4g
Protein:	3g

Directions

1. Preheat oven to 325°.
2. Pop the popcorn in an air popper or whatever method you like.
3. In a food processor, combine the coconut oil, dates, vanilla, almonds, and water. Process until smooth, scraping down the sides as needed.
4. In a large bowl, combine the popcorn with the sauce. Transfer to a large roasting pan and bake for 8 to 10 minutes, stirring every 2 minutes. The popcorn is done when all the pieces are no longer soggy.
5. Cool on a wire rack, then store in an air-tight container.