

PUMPKIN SPICE POPCORN

INGREDIENTS

8 cups popcorn

1/3 cup coconut oil

3 Tbsp sugar

1/4 tsp ground cinnamon

1/4 tsp ground nutmeg

Pinch of Ginger

DIRECTIONS

Pop corn (either on the stove, in a machine or use oil-free microwave popcorn). In a pan, melt oil, sugar and spices until combined.

Pour over popcorn and toss.



Wishing you a healthy Halloween.

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