SHOPPING LIST

Apple Pie Popcorn

- ◯ Popcorn
- ◯ Unsalted Butter
- ◯ Sugar
- ◯ Kosher Salt
- ◯ Apple Pie Spice
  OR Cinnamon
  OR Pumpkin Pie Spice

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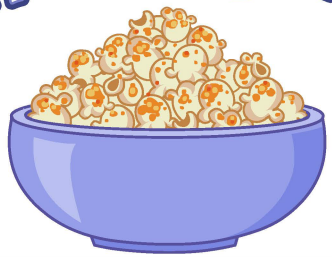
Professor Fizzy presents

SNACKS

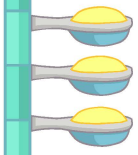
Apple Pie Popcorn



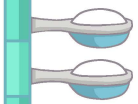
VEGETARIAN	TIME	DIFFICULTY	SERVES
V		E	6
YES	Under 30 min.	Easy	

YOU WILL NEED

4 quarts
air popped popcorn



3 tablespoons
unsalted butter



2 tablespoons
granulated sugar

1 teaspoon
apple pie spice, cinnamon
OR pumpkin pie spice

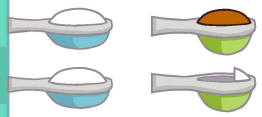
¾ tablespoon
kosher salt

DIRECTIONS

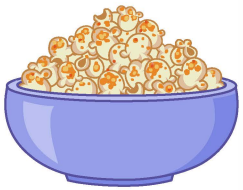
ATTENTION KIDS: Always cook with a grownup!

STEP 1: Melt the butter in the microwave.

STEP 2: Drizzle the butter over the warm popcorn.



STEP 3: Add the sugar, apple pie spice, and salt, and toss to combine.



STEP 4: Serve.

Nutrition Facts

Serving Size 1 serving (32g)
Servings Per Container 6

Amount Per Serving	
Calories 140	Calories from Fat 60
	% Daily Value*
Total Fat 7g	11%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 240mg	10%
Total Carbohydrate 20g	7%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 3g	

Vitamin A 4% • Vitamin C 0%
Calcium 0% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4