



## *Gluten Free Salted Honey Popcorn*

### Ingredients:

1/3 cup popcorn

40 grams Salted Butter

60 grams raw honey

¼ teaspoon Himalayan Rock Salt

### Method:

Air pop the popcorn using a popcorn maker.

Mix the butter, honey and rock salt together in a small pan and heat over a low heat, stirring constantly until all blended and melted.

Pour the hot mix over the popcorn and stir together until all the popcorn is coated.

When cooled place in an airtight container and your kids have a yummy after school snack or lunchbox treat.