

# Sweet and Spicy Popcorn with Pumpkin Seeds

Serves 20

Adapted from foodnetwork.com

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[eatleafygreens.org](http://eatleafygreens.org)

3/4 cup popcorn, popped stovetop  
1 1/2 cup raw pumpkin seeds  
1 cup rapadura sugar  
1/4 water  
1/2 cup organic butter, cut in pieces  
1/2 cup organic heavy cream  
1 teaspoon vanilla  
pinch of sea salt  
1/2 teaspoon ground cinnamon  
1/2 teaspoon cayenne pepper



Place popped popcorn into a large bowl.  
Toast the pumpkin seeds in a large skillet over medium-high heat, until browned and popping, tossing and stirring occasionally, about 4 minutes. (Do this in batches, if needed.) Add to the popcorn.



Make caramel:

In a heavy saucepan, combine the sugar and the water. Stir to combine and then cook over medium heat until the sugar dissolves; about 4-5 minutes. There is no need to stir, simply swirl the pan over the burner occasionally as the sugar dissolves.

Raise the heat to medium high and cook the sauce, swirling the pan occasionally, until the color darkens; about 7-8 minutes. Add the butter, be prepared for it to bubble and sputter, lightly stir or swirl to melt, do not scrape the sides of the pan or splash sauce up the sides of the pan. (This will cause crystallization, if you scrape the uncooked sugars back into the sauce.)



Once the butter is melted, remove from the heat and add the vanilla and heavy cream. It will bubble again, but will calm quickly. Stir to combine. Stir in salt, cayenne and cinnamon. Add the caramel to the popcorn and pumpkin seeds, mix together. Scoop a spoon full in a large baking cup to serve. Store covered at room temperature for up to a week.