

Trail Mix Popcorn Clusters



These clusters are bursting with flavor and are the perfect treat for game days, family time playing outside or as an afternoon snack. The combination of dried fruit, nuts and popcorn make this a balanced treat that will keep energy high.

Prep Time: 10 minutes

Cook Time: 5 minutes

Serves: 24

Ingredients:

- 1 bag (213 g) G.H. Cretors Chicago Mix Popcorn
- 1 cup toasted walnut pieces
- 1 cup unsalted cashews
- 1/2 cup dried cranberries
- 1/2 cup chopped medjool dates
- 1/2 cup unsalted pumpkin seeds
- 1/3 cup butter
- 1 cup packed brown sugar
- 1/3 cup light corn syrup
- 1 tbsp lemon juice
- 1 tsp salt
- 1/2 tsp baking soda

Directions:

Line 2 large baking sheets with parchment paper. Toss popcorn with walnut pieces, cashews, cranberries, dates and pumpkin seeds in large wide heatproof bowl; set aside.

Melt butter in a small saucepan set over medium heat. Add brown sugar, corn syrup,

lemon juice and salt. Bring to a boil set over medium heat, swirling to combine. Boil for 3 to 5 minutes or until firm ball stage. (For firm ball stage: Candy thermometer reaches 245°F to 250°F and when a little syrup is dropped in cold water forms a firm ball, one that won't flatten when you take it out of the water, but remains malleable and will flatten when squeezed.)

Stir in baking soda. Working quickly, pour over popcorn mixture, tossing until evenly coated. Cool slightly. Carefully, drop spoonful's onto prepared baking sheets, and shape into clusters. Cool completely. Store in airtight container for up to 1 week.

Tip: Change up the nuts and dried fruit to suit your taste, try dried cherries, apricots, peanuts or pecans too.