



## Matcha Munchies for Monstrous Appetites



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



373 kcal

BEVERAGE

DRINK

### Ingredients

- ☐ 1 tablespoon coconut oil melted
- ☐ 0.3 cup non-gmo corn syrup light (can sub brown rice syrup, if desired)
- ☐ 4 ounces dairy-free chocolate dark melted (I like Scharffenberger)
- ☐ 0.8 cup granulated sugar
- ☐ 2 teaspoons matcha powder green (a.k.a. tea powder)
- ☐ 6 cups freshly popped popcorn
- ☐ 1 cup pumpkin seeds raw
- ☐ 0.5 teaspoon salt

☐ 0.5 teaspoon vanilla extract

## Equipment

☐ bowl

☐ frying pan

☐ baking sheet

☐ sauce pan

☐ oven

☐ whisk

☐ baking pan

☐ stove

## Directions

☐ Preheat your oven to 200°F and lightly grease a jelly roll pan or any rimmed baking sheet.

☐ Combine the popped corn and pumpkin seeds in a large bowl and set aside. In medium saucepan with high sides, combine the sugar, matcha powder, corn syrup, melted margarine or coconut oil, and salt.

☐ Whisk vigorously to break up any small clumps of matcha before proceeding. They can be tricky to disperse, especially in hot liquids, so don't be afraid to really beat the mixture up while you have the chance. Set the pan on the stove over medium heat. Periodically stir as the mixture heats up, until the sugar has dissolved. Once it reaches a full boil, stop stirring and allow it to cook at a lively bubble for 5 minutes. Don't rush it!

☐ Remove from heat and stir in vanilla. Working quickly but carefully, pour the hot sugar syrup over your bowl of popped corn and gently stir to coat.


☐ Transfer the entire thing over to your prepared baking pan, spreading it out into an even layer as possible, and move it into your oven.

☐ Bake, stirring every 15 minutes, for 1 hour.

☐ Let cool completely before drizzling all over with melted chocolate. Allow the chocolate to fully set before breaking the popcorn into large clusters. Store in an airtight container in a cool place for 3 – 4 days, maximum.

## Nutrition Facts



 PROTEIN **7.32%**  FAT **37.39%**  CARBS **55.29%**

Properties

Glycemic Index:31.9, Glycemic Load:23.65, Inflammation Score:-5, Nutrition Score:9.4282608706018%

Nutrients (% of daily need)

Calories: 373.09kcal (18.65%), Fat: 16.18g (24.89%), Saturated Fat: 7.54g (47.12%), Carbohydrates: 53.84g (17.95%), Net Carbohydrates: 49.54g (18.01%), Sugar: 38.23g (42.48%), Cholesterol: 0.57mg (0.19%), Sodium: 209.56mg (9.11%), Alcohol: 0.11g (100%), Alcohol %: 0.17% (100%), Caffeine: 15.12mg (5.04%), Protein: 7.13g (14.25%), Manganese: 0.98mg (48.87%), Magnesium: 122.12mg (30.53%), Copper: 0.51mg (25.4%), Phosphorus: 229.13mg (22.91%), Iron: 3.8mg (21.09%), Fiber: 4.3g (17.18%), Zinc: 1.8mg (12.01%), Potassium: 258.65mg (7.39%), Vitamin B3: 0.99mg (4.93%), Selenium: 2.44µg (3.48%), Vitamin B1: 0.05mg (3.13%), Calcium: 29.38mg (2.94%), Vitamin B2: 0.05mg (2.66%), Vitamin E: 0.38mg (2.52%), Folate: 9.6µg (2.4%), Vitamin K: 2.3µg (2.19%), Vitamin B5: 0.22mg (2.15%), Vitamin B6: 0.04mg (1.99%), Vitamin A: 97.3IU (1.95%)