



This tasty recipe is also a fun science experiment you and your autistic kiddo can enjoy together!



INGREDIENTS:

- 1/2 cup of popcorn kernels or 10 cups of popped popcorn
- 1 cup butter
- 1 cup brown sugar
- 2 tsp vanilla extract
- 1/2 tsp baking soda

Homemade Caramel Popcorn

HOW TO MAKE:

1. Prepare a baking sheet with parchment paper and set it aside.
2. Pop your popcorn using your preferred method and pour the popcorn onto your baking sheet.
3. Assist your kiddo in removing any unpopped kernels. Place the popcorn into a large bowl.
4. Add your butter to a saucepan over low heat and stir until melted.
5. Once your butter has melted, add the brown sugar and stir until completely combined.
6. Bring the heat to medium and allow the mixture to come to a light boil. Allow the mixture to boil for 4 minutes.
7. Add the vanilla extract and stir to combine. Allow the mixture to boil for another minute.
8. Time for science! Add the baking soda and mix until the mixture starts to foam and grow.
9. Remove from the heat and lightly pour some of the caramel over your bowl of popcorn. Help your kiddo mix the popcorn with a wooden spoon or spatula. Pour the remaining caramel and mix again.
10. Transfer the caramel popcorn from the bowl to the baking sheet and allow it to completely cool before enjoying!