

## SHOPPING LIST

### Apple Pie Popcorn

- ☐ Popcorn
- ☐ Unsalted Butter
- ☐ Sugar
- ☐ Kosher Salt
- ☐ Apple Pie Spice
- ☐ OR Cinnamon
- ☐ OR Pumpkin Pie Spice

First, check off the items you already have at home.



Professor Fizzy  
presents

## SNACKS



## Apple Pie Popcorn



VEGETARIAN



YES

TIME



Under 30 min.

DIFFICULTY



Easy

SERVES



6

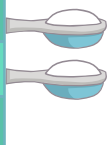
## YOU WILL NEED



**4 quarts**  
air popped popcorn



**3 tablespoons**  
unsalted butter



**2 tablespoons**  
granulated sugar



**1 teaspoon**  
apple pie spice, cinnamon  
OR pumpkin pie spice



**3/4 tablespoon**  
kosher salt



## DIRECTIONS

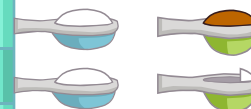
**ATTENTION KIDS:** Always cook with a grownup!



**STEP 1:** Melt the butter in the microwave.



**STEP 2:** Drizzle the butter over the warm popcorn.



**STEP 3:** Add the sugar, apple pie spice, and salt, and toss to combine.



**STEP 4:** Serve.

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## Nutrition Facts

Serving Size 1 serving (32g)  
Servings Per Container 6

Amount Per Serving		Calories 140	Calories from Fat 60
		% Daily Value	
<b>Total Fat</b> 7g			11%
Saturated Fat 4g			20%
Trans Fat 0g			
<b>Cholesterol</b> 15mg			5%
<b>Sodium</b> 240mg			10%
<b>Total Carbohydrate</b> 20g			7%
Dietary Fiber 3g			12%
Sugars 3g			
<b>Protein</b> 3g			
Vitamin A 4%		• Vitamin C 0%	
Calcium 0%		• Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
Total Fat		Less than 65g	80g
Saturated Fat		Less than 20g	25g
Cholesterol		Less than 30mg	25mg
Sodium		Less than 2,400mg	2,400mg
Total Carbohydrate		Less than 300g	375g
Dietary Fiber		25g	30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			