

Caramel Makhana

Caramel "sauce" came from

<https://cookieandkate.com/healthy-maple-caramel-popcorn>

3-4 oz Phool Makhana

½ cup maple syrup

¼ tsp sea salt

3 tbsp almond butter (or nut butter of choice)

1 ½ tsp vanilla extract

¼ cinnamon

Place enough makhana in large non-stick pan to form a single layer. Turn on low-medium heat and toast makhana, stirring in pan occasionally to keep from burning. Total time should be about 15 minutes. Remove to large bowl and repeat with remaining makhana.

Boil syrup for 2-5 minutes (reduce heat to stop over flow if necessary). Remove from heat and add remaining ingredients. Whisk to blend. Pour over makhana and toss to coat. Place on parchment lined baking sheet. Bake 6 minutes at 350 degrees, rotate pan and bake 2 minutes longer. Remove and allow to cool. Makhana will become crisper as it cools. Store in airtight container.