



Macrobiotic Cooking With Theresa

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Macro Jacks

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- ½ cup Safflower oil
 - 2 cups Organic pop corn
 - Sea salt
 - Organic cashews dry roasted
 - 1 cup barley malt syrup
 - 1 cup brown rice syrup
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- Rinse nuts and drain. Roast in oven @300 F for 10-12 minutes until toasted. Set aside to cool then chop into Corse pieces.
 - Pop 4 batches. Use ½ cup corn, 1/8 cup oil and pinch of sea salt per batch.
 - When corn is popped, add nuts and mix in a large bowl.
 - Heat the barley malt and brown rice syrup to a boil over medium heat. Simmer 5 minutes. Pour the syrup over the popcorn and nuts to coat, mixing with a large spoon.
 - Spread mixture on to oiled cookie sheets to bake in oven on 300F for 10 minutes.
 - Remove from oven, let cool and transfer to a serving bowl.

