

## Popcorn Recipes



**Prep Time** 3-5 min

Cook Time 2 min

**Servings** 

4+

### **INGREDIENTS**

### **SWEET TOOTH**

- 1/4 cup kernels
- 1 tsp coconut oil
- 2 tsp cinnamon
- 1 tsp brown sugar or coconut sugar

#### **DON'T BE SO SALTY**

- 1/4 cup kernels
- 1 tsp coconut oil
- 1 tsp Himalyan Salt

#### SPICE UP YOUR LIFE

- 1/4 cup kernels
- 1 tsp coconut oil
- 1 tsp paprika
- 1 tsp cayenne
- 1 tsp black pepper

## **DIRECTIONS**

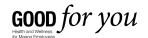
- 1. Add kernels to bowl of your popcorn maker.
  - 2. Add coconut oil and seasoning of choice.
- 3. Put on the lid and place in the microwave for 1-2 minutes.

USE THESE RECIPES AS A GUIDELINE AND MAKE CHANGES FOR PERSONAL PREFERENCE/TASTE.



STORE AT ROOM TEMPERATURE FOR 1-2 WEEKS IN A TIGHTLY SEELED CONTAINER. WE RECCOMMEND GLASS!





## Popcorn Recipes



### **ADDITIONAL RECIPES**

### **KEEP CALM & COCONUT CURRY ON**

- 1/4 cup kernels
- 1 tsp coconut oil
- 1 tbsp unsweetened shredded coconut
- 1/2 tsp curry powder
- 1/2 tsp Himalayan salt

### **TACO BOUT DELICIOUS**

- 1/4 cup kernels
- 1 tsp coconut oil
- 2 tsp taco seasoning

# AIR POPPED POPCORN

Popcorn is a whole grain that contains good levels of fibre. Air popping gives you the opportunity to season your own popcorn so you know exactly what is in it!

### **Nutrition Info**

For Kernels & Coconut oil.
Will change based on additional ingredients added.

Serving Size Calories	4 50
Fat Saturated fat Protein Total Carbohydrates Fibre Sugars Sodium Cholesterol Iron Potassium Calcium	1.6 g 1 g 1.3 g 9.7 g 2 g 0 g 0 mg 0 mg 1 mg 0 mg 0 mg

\*Allergens dependent on products used. If you have a food allergy check all product labels.

