

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!**

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

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