

Clean Popcorn

Whether your “weakness” is sugar or salty snacks we all crave something in the not-so-healthy category every once in a while. Here we have a great healthier snack option for you to try. **POPCORN!** This crunchy snack is easy to make with a variety of different flavours that will curb your cravings for sure! Eat it at home for movie night or occasionally pack a small bag for a snack during your day. Making it at home allows you to control how much salt or other flavours you may want to add.

Microwavable vs. Air-Popped Popcorn (per cup)

Microwavable	Air-Popped
64 calories	31 calories
4.8 g of fat	0.34 g of fat
0.9 g of fiber	1.2 g of fiber

The smell of the synthetic butter is from a chemical called diacetyl. Organizations suggest this chemical is hazardous if inhaled for long periods of time. Diacetyl can affect the health of lungs. Thankfully, making air-popped popcorn allows you to enjoy it without the dangerous chemicals.

Source: www.healthyeating.sfgate.com

Source: www.livestrong.com

How to Make Clean Popcorn

- 1/3 of kernels
- 1 teaspoon of olive oil

Add 1/3 of kernels to a brown paper lunch bag. Add 1 teaspoon of olive oil and press the “popcorn” button on the microwave.



Other Topping Alternatives

- Coconut oil
- Sea salt
- Cocoa powder, unsweetened
- Cinnamon
- Lemon zest
- Ground cumin
- Chipotle powder
- Lime zest
- Garlic powder
- Parmesan

Spicy Popcorn Recipe

- 1 teaspoon chili powder
 - ¼ teaspoon paprika
 - ¼ teaspoon salt
 - 2 tablespoons unsalted butter (melted)
- Pop 1 cup of popcorn as per above or on the stove top and then pour the melted butter and seasoning on top.

Source: www.myrecipes.com