

SIMPLE AND HEALTHY SNACKS

A HEALTHY SNACK THAT POPS

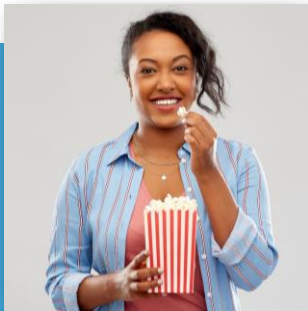
POPCORN IS POPPIN'!

Whether your weakness is sugar or salty snacks, we all crave something in the not-so-healthy category every so often. It can be hard to resist that temptation when you aren't sure what to replace it with. Popcorn is poppin'! This crunchy snack is versatile, portable, and can be enjoyed in a variety of flavours to curb those stubborn cravings! Enjoy it on family movie nights, as an afternoon snack, or while reading a book. Making it at home allows you to control how much fat, salt, and flavours you add.

Microwavable vs. Air-Popped Popcorn (per cup)

The smell of synthetic butter comes from a chemical called diacetyl. It's suggested that diacetyl is hazardous if inhaled for long periods of time, which can affect the health of your lungs. Thankfully, making air-popped popcorn allows you to enjoy the treat without dangerous chemicals.

Per Cup	
Microwavable	Air-Popped
64 calories	31 calories
4.8 g of fat	0.34 g of fat
0.9 g of fibre	1.2 g of fibre



How to Make Clean Popcorn

2 tablespoons of kernels
1 teaspoon of olive oil, coconut oil, or unsalted butter

Pour kernels into a brown paper bag. And add oil or butter. Place the bag in the microwave and select the "popcorn" button.

Sources: www.healthyeating.sfgate.com
www.livestrong.com

Spicy Popcorn

2 servings

Ingredients

1/4 cup kernels
1 teaspoon chili powder
1/4 teaspoon paprika
1/4 teaspoon salt
2 tablespoons unsalted butter or coconut oil, melted

Directions

Pop the corn. Drizzle melted butter or coconut oil onto the popcorn. Toss, add seasoning, and toss again.

Other topping ideas: sea salt, cocoa powder, cinnamon, lemon/lime zest, ground cumin, chipotle powder, garlic powder, parmesan, nutritional yeast

Nutrition Info Per 4 cups: Cal 201 | Fat 10g | Carb 26g | Pro 4.4g | Fibre 5g | Sod 307mg | Sugar 0.4g

It's Poppin'!

