



Recipes

Savory Snacks

Delicious Stovetop Popcorn

Prep Time: 5 minutes

Cook Time: 5 minutes

Yield: 2 servings

Ingredients:

- 1 tablespoon coconut oil
- ¼ cup popcorn kernels
- 1 tablespoon nutritional yeast
- 1 tablespoon tamari

Directions:

1. Heat oil in a deep, wide sauté pan.
2. Add popcorn and cover.
3. Hold pot with potholders and shake every few seconds until kernels have popped.
4. Remove lid, add tamari and nutritional yeast, mix and transfer to serving bowl.

Note:

- Try squeezing lemon or ginger juice for added zing!