

Sweet'n'Salty Popcorn

PREP TIME: 5 MINUTES

YIELDS: 4-5 CUPS POPCORN

Ingredients

1 bag plain microwavable popcorn, 3oz.

1 teaspoon turmeric, ground

1 tablespoon nutritional yeast

1/4 cup honey

Qualities

- Texture: Crunchy
- Rating for Scent : 4/10
- Spice Level: 0/10

Recipe Benefits

- Anti-Inflammatory



Nutrition Content for 1 Cup

Calories: 123kcal	Carbohydrates: 26.7g
Fat: 1.4g	Protein: 2.4g
Fiber: 2.6g	Added sugar: 13.9g
Sodium: 161.3mg	

Directions

- 1.Pop popcorn in the microwave.
- 2.In a small bowl, combine the turmeric powder and nutritional yeast.
- 3.Dump the popped popcorn in a large bowl.
- 4.Sprinkle and toss the turmeric mixture with the popcorn.
- 5.Heat the measured honey in the microwave or on the stove in a pot, then pour evenly over the popcorn while stirring.
- 6.Serve warm or room temperature.

Chef Tips/Adjustments

- Adjust seasoning as desired.
- Store popcorn at room temperature in a sealed storage container.

