

Microwave Popcorn

Portions: 1

Ready in: 7 minutes

Ingredients:

- ⅓ cup popcorn kernels
- 1 paper bag
- Salt free spice blends



Instructions:

1. Pour ⅓ cup popcorn kernels into a paper bag and fold the top of the bag over twice to close.
2. Place the bag in the microwave. Cook on high heat for 2-3 minutes. Add 1-2 additional minutes until pops are 5 seconds apart.

Tip:

- Use your favourite salt-free spice blends to add a burst of flavour to this high-fibre and delicious snack.