



## High-Fibre Popcorn



Here's a simple, healthy, and delicious recipe to make your own high-fibre popcorn at home. This recipe will boost your fibre intake and keep you satisfied with healthy fats and seasonings.



Prep: 2 mins

Cook: 5-7 min

Cool: 1-2 min



Beginner



Makes 4 portions

- **3 tablespoons coconut oil or olive oil**
- **1/2 cup popcorn kernels**
- **1 teaspoon sea salt or Himalayan pink salt (adjust to taste)**
- **2 tablespoons ground flaxseed**
- **1 tablespoon nutritional yeast (optional, for a cheesy flavour)**
- **1/2 teaspoon smoked paprika or any seasoning of your choice (optional)**

# High-Fibre Popcorn



## Method

1. In a large pot, heat the coconut oil or olive oil over medium heat. Add a few popcorn kernels and cover the pot. Once they pop, you know the oil is hot enough.
2. Add the remaining popcorn kernels to the pot in an even layer. Cover the pot and reduce the heat slightly.
3. Shake the pot occasionally to prevent the popcorn from burning. Once the popping slows down to a few seconds between pops, remove the pot from the heat.
4. Pour the popcorn into a large bowl. While it's still warm, sprinkle the sea salt, ground flaxseed, nutritional yeast, and any additional seasonings like smoked paprika.
5. Toss the popcorn well to ensure the seasonings are evenly distributed.
6. Enjoy your delicious, high-fibre popcorn as a healthy snack. You can also store leftovers in an airtight container for up to a few days.

### **Allergen Information**

Check oils and seasonings used