



PIZZA POPCORN

A savoury popcorn snack with Mediterranean inspired flavours reminiscent of traditional Italian pizza.

*This recipe has been created and made for Affordable Wholefoods by Nutritionist, Naturopath and recipe developer Casey-Lee Lyons from **Live Love Nourish**.*

How to make stove top popcorn (makes approx 8 cups)

Ingredients:

3 tbsp coconut oil

1/3 cup organic popcorn kernels

Method:

Heat oil in a thick bottomed saucepan (with lid).

Melt coconut oil. Put 3-4 kernels into the oil, when kernels pop the temperature is right. Add the rest of your popcorn (across one even layer).

Cover (with a lid slightly ajar for drier and crispier popcorn) and remove from heat for 30 seconds (this helps to even the temperature so that they pop at the same time).

Return to heat. Once popping slows remove from heat.

Allow to cool.

Pizza Popcorn

Serving Size : Makes 4 cups

Ingredients:

2 tbsp olive oil

1.5 tbsp dried oregano

1 tsp paprika

2 tsp onion powder

1 tsp garlic powder

Good quality sea salt

4 cups popped popcorn

Method:

Add popcorn to a large mixing bowl.

Pour over olive oil and toss to evenly coat.

Sprinkle with oregano, paprika, onion and garlic powder and salt. Toss to evenly coat.

Store in an air-tight glass container to keep fresh.

Gluten Free | Dairy Free | Nut Free | Sugar Free

If you like this recipe you may also like to try our **Sticky Caramel Popcorn**

*For more healthy recipes or to download a free recipe e-book please visit Live Love Nourishes website
www.livelovenourish.com.au.*

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