

Food Babe's Superfood Popcorn



Prep Time:	Cook Time:	Total Time:	Serves:
5 mins	5 mins	10 mins	2

<https://foodbabe.com/microwave-popcorn>

Ingredients:

- ¼ cup dry popcorn kernels
- 1 ½ teaspoons coconut oil
- 2 teaspoons red palm oil
- 1 tablespoon ground hempseed
- ¼ teaspoon sea salt

Instructions:

1. In a pot, stir together coconut oil and popcorn kernels and heat pot on stove to high.
2. Cover pot with lid and let popcorn pop until you hear less popping per second.
3. Once popcorn is done popping, remove from pot into a bowl.
4. Using a blender or food processor, blend hempseed and salt until fine.
5. Top popcorn with melted red palm oil and hempseed salt mixture.

Notes:

- Please buy all organic ingredients if possible.