

POPCORN



QUICK

Less than 5 mins

HEALTHY

Popcorn provides whole grains, fibre and anti oxidants.

FAMILY

EVERYONE LOVES POPCORN!

MEALS

Great for an after school snack, a break time snack and of course in the cinema!

INGREDIENTS

- 150g popcorn kernels
- 1 tbs oil
- A big pinch sea salt

METHOD

1. Heat 1tbs oil in a large saucepan WITH A LID
2. Cover the bottom with popcorn kernels – shake to cover with oil
3. Put a lid on and cook on a medium – high heat
4. Wait until the popping slows to ALMOST a stop (to avoid the bottom ones burning)
5. Put into a large bowl
6. Optional - sprinkle a large pinch of salt over the top
7. It won't last long!



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com