

# diy microwave popcorn

## SERVES 1

COOK TIME: 1-2 minutes

---

2-4 Tbsp whole popcorn kernels

1 brown paper lunch bag

---

### Seasonings Options:

- **Plain old sea salt**
- **Texas Blend: chili powder, sea salt, cumin, dried parsley**
- **Zesty Ranch: onion powder, garlic powder, dried dill, dried parsley, sea salt, black pepper**
- **Curry Kick: curry powder, turmeric, sea salt, black pepper**



PLACE popcorn kernels in a brown paper lunch bag.

FOLD the top of the bag down 2-3 times.

PLACE upright in microwave.

COOK for 1-2 minutes or until popping slows to 2-3 seconds between pops.

STAY close by! Popcorn quickly goes from perfect to burnt in the matter of a few seconds! It's best to err on the slightly under-popped side rather than scorch your snack.

SPRAY popcorn lightly with olive-oil spray or drizzle with olive oil or melted coconut oil, butter or ghee to help the seasonings adhere.

SPRINKLE with desired seasoning or enjoy "naked" or with a simple pinch of sea salt.

# diy popcorn seasonings

RECIPE FROM: [Evermine.com](http://Evermine.com)

PREP TIME: 5 minutes

## *Texas Blend*

1 ½ Tbsp chili powder

½ tsp sea salt

1 Tbsp cumin

½ Tbsp ground parsley flakes

## *Mexican Chocolate*

1 Tbsp cocoa powder

2 tsp powdered sugar

⅛ tsp cinnamon

⅛ tsp coarse salt

## *Zesty Ranch*

1 Tbsp onion powder

½ tsp garlic powder

1 Tbsp dried dill

1 Tbsp dried parsley

½-1 tsp sea salt

½-1 tsp ground black pepper

## *Curry Kick*

1 Tbsp curry powder

1 tsp turmeric

½ Tbsp sea salt

¼ tsp ground black pepper

COMBINE ingredients for selected seasoning blend in a bowl.

MIX until thoroughly combined, making sure herbs and spices are fine enough to go through the holes of your shaker. If they are too large, pulse in a food processor until finely ground.

TRANSFER to a clean and dry glass shaker bottle or other air-tight container.

**For a unique gift idea, pair a bag of popcorn kernels with a collection of these seasoning blends.**

