



Makes 2 servings



5 minutes

Brown Bag Popcorn



Ingredients

1/3 C popcorn kernels
Salt and pepper

*This is one of my FAV snacks while I work on an all-day project! My brain is tired and I usually don't eat anything. Popcorn is also a whole grain, filling snack with no added oils. I add black pepper, and garlic powder, mix it around, and then add the salt. I use less salt because the pepper and garlic give a great flavor. You can also add herbs or any other spice you like. **For a cheese flavor, sprinkle on Nutritional Yeast.***

Method

1. Open the brown bag, [lunch bag size is perfect], fully.
2. Pour the popcorn into the paper bag and fold the top over about 3 inches. Lay the bag flat in the microwave with the fold underneath the bag. You want room for the popcorn to pop.
3. Microwave on high until the popping has a 3-second gap between pops, about 2-3.5 minutes. The time depends on the strength of the microwave.
4. Stop the microwave, dump the popped popcorn into a large bowl, and season as desired.
5. Repeat as needed to get the desired amount of popcorn.

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