Jamie Baham, MS, RDN, LD
info@ladybugnutrition.com

Homemade Kettle Corn

4 servings
5 minutes

Ingredients

1/3 cup Popcorn Kernels
3 tbsps Avocado Oil
2 tsps Cane Sugar (powdered - to taste)
1/4 tsp Sea Salt (to taste)

Directions

1. In 3 quart sauce pan place oil and popcorn kernels in a single layer, then turn stove on medium heat.
2. Once you hear the popping sounds, begin to gentle shake the pan over the heat allowing the air to escape. Continue shaking gently until the popping stops.
3. Season as desired. Pour into bowls and enjoy!

Notes

Like it cheesy?: Substitute sugar for parmesan instead.
Like a little spice?: Adding cinnamon is a great addition for a fragrant spice and touch of flavor.