



# Ginger popcorn

## Ingredients (serves 1)

30 g popping corn or popcorn kernels

1 inch fresh ginger

1 lemon

1 tbsp Extra virgin olive oil

Salt (Skip in case of hypertension or fluid retention)

## Method

1. Peel and grate the ginger. Also grate the lemon zest.
2. In a medium sized bowl suitable for microwave cooking, place the corn, extra virgin olive oil, and a bit of salt.
3. Cover the bowl with a plate and cook in the microwave at maximum power for about four minutes (time will depend on each appliance and power setting selected).
4. Take the bowl out of the microwave and add the grated ginger and lemon zest.

## Recommendations

Chopped mint or any other tolerated aromatic herbs or spices can be used to impart flavour to the popcorn.