



Spiced popcorn

Ingredients (serves 2)

30 g popping corn or popcorn kernels

1 tbsp extra virgin olive oil

Salt (skip in case of hypertension or fluid retention)

Spices:

Grated lemon and ginger*

Grated ginger and mint

Oregano and paprika

Cinnamon and grated orange zest*

Method

1. In a medium sized bowl suitable for microwave cooking, mix the popping corn, extra virgin olive oil and a bit of salt.

2. Cover the bowl with a plate and put in the microwave at maximum power for approximately four minutes (it will depend on each appliance).

3. Remove from the microwave and add the chosen seasoning. Mix well together and serve.

*Remember to wash the orange and lemon zest before grating.