

# Organic Crunchy Snack: Turmeric JOYOUS HEALTH Sea Salt Popcorn

Recipe by Joy McCarthy from Joyous Health

## Ingredients:

- 3 tbsp coconut oil
- 1/2 cup organic corn kernels
- sea salt, turmeric, black pepper

## Instructions:

1. In a medium size pot on the stove melt the coconut oil on medium high (NOT maximum – this is an important step to making perfectly popped kernels).
2. Once melted, add the kernels and cover the pot with a lid.
3. Give the pot a shake every so often until you hear it begin to pop. Don't let the pot sit on the hot element for more than 5-10 seconds at a time once the kernels begin popping.
4. Remove from heat when you hear no more pops!
5. Put into a large bowl and sprinkle your sea salt, turmeric, black pepper and nutritional yeast to taste.

## Notes:

Tip: To make the ingredients stick, mist the popcorn lightly with a little purified water before adding dry flavourings to help them stick.