

RED BEET CRYSTAL POPCORN

A DELICIOUS AND NUTRITIOUS SNACK!

MAKES 4 SERVINGS



Take your popcorn to the next level with this delicious addition! Red beet crystals are so versatile and add a sweet POP to your popcorn, a great source of iron with many healing benefits.

Nutritional yeast adds a cheesy flavour and is packed full of B vitamins!

INGREDIENTS

- 1/3 Eden organic popcorn kernels
- 1-2 tbsp nutritional yeast
- pinch of himalayan sea salt
- 2 tbsp organic virgin coconut oil
- 1-2 tsp Udo's oil or extra virgin olive oil
- 1 tbsp Salus Red Beet Crystals

DIRECTIONS

1. Heat coconut oil in a large pot with secure lid over medium-high.
2. Once oil is hot, add popcorn kernels and cover with lid.
3. Let kernels pop and once finished, remove from heat and place into large bowl.
4. Drizzle Udo's oil or olive oil and add nutritional yeast, salt and beet crystals to taste.
5. Enjoy!



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