

## MICROWAVE POPCORN



3 MINS



1-2 SERVES

### INGREDIENTS

- 1/4 cup popcorn kernels
- 1 brown paper bag
- 1/2 teaspoon of your favourite spice, such as smoked paprika, cinnamon or cumin (optional)

### DIRECTIONS

1. Add popcorn kernels to the brown paper bag and fold the top over.
2. Place the paper bag in the microwave and cook on high for 2 minutes or until the popping slows down. The exact time will depend on your microwave.
3. If you are adding a spice, add to the paper bag, fold over the top and shake to evenly distribute the spice.
4. Place the paper bag straight into the lunchbox.

