

Scrumptious Vegan Popcorn

Serves 1 | Active Time: 10 minutes | Total Time: 10 minutes

Swick

Chef's Notes

*Note: Nutritional yeast can be found at most health food stores. Many grocery stores are also starting to carry it now as well. It can also be ordered online.

For those interested, coconut oil offers many health benefits.

Step 1: Making the Popcorn

- 3 tbsp coconut oil
- 2 to 3 tbsp nutritional yeast
- 1/2 cup popcorn kernels
- sea salt, to taste
- freshly ground black pepper, to taste

To start, melt 2 tablespoons of the coconut oil and set aside while you make the popcorn.

To prepare the popcorn, heat your popcorn vessel as usual along with the remaining tablespoon of coconut oil. Once the oil is melted, add the popcorn kernels and cover with a lid. Pop the popcorn according to your machine or whichever vessel you are using.

Note: We use an old-fashioned stove-top popcorn maker with a crank handle, with the heat set to medium.

Once all of the popcorn has popped, carefully pour about a third of the popcorn into a large shallow bowl. Next, drizzle about a third of the coconut oil over the popcorn. Sprinkle with some of the nutritional yeast and season with salt and pepper. Pour another layer of popcorn, drizzle with oil and season again. To finish, pour out the remaining popcorn, drizzle with the remaining oil and season again with salt and pepper. Serve and enjoy!

For added flavor, try adding a few drops of truffle oil to the melted coconut oil before you drizzle it over the popcorn.