



Homemade Stovetop Popcorn

Serves couple of big bowls | **Prep** 5 min | **Cook** 5 min | **Ready in** 10 min

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Salty, cheesy, snacky popcorn that is good for anytime of day! I love making this when we host friends at the house and to bring as a snack when we attend events at other people's houses. This recipe makes a couple of big bowls and cleanup is minimal! Nutritional yeast (nooch) is the secret ingredient in this recipe, don't leave it out! Parent perk: your kids will love it.

INGREDIENTS

THE BASE BASICS

- Popcorn kernels
- 2-3 tablespoons coconut oil
- Salt, to taste
- Nutritional yeast, to taste

DIRECTIONS

1. Place 2-3 tablespoons of coconut oil in a large pot. I use a soup pot that has a lid, so popcorn doesn't fly everywhere once it gets going.
2. Turn heat on medium-high and drop in 1 popcorn kernel. Place lid on pot.
3. Wait and listen for kernel to pop (STAY CLOSE), and that's how you know the oil is ready to add the rest of the kernels.
4. Pour in enough kernels to cover the bottom of the pot.
5. Place lid back on, sit back, and listen to the lovely sound of homemade popcorn popping!
6. When the popping begins to slow, 1-2 seconds between pops, turn off stove and remove pot from heat.
7. Immediately dump popcorn into popcorn bowls, so the popcorn on the bottom does not burn.
8. Add salt, nutritional yeast, and give it a shake. I repeat this about 3 times.
9. ENJOY!

NOTES

Nutritional yeast has a nutty, cheesy flavor and is a great addition to add to salads, pastas, soups, and sauces. Nooch has been shown to boost immunity, contains B vitamins and minerals, is a great source of protein and antioxidants, and may help lower cholesterol levels.