



Create-Your-Own-Flavor Popcorn

Ingredients

- ½ cup popcorn kernels
- Cooking oil (vegetable or olive oil)
- Salt
- Melted butter or olive oil for drizzling

Topping ideas

- Salty: parmesan cheese, salt
- Sweet: honey, brown sugar, maple syrup
- Sour: lime or lemon juice
- Spicy: red pepper, chili powder, hot sauce, cinnamon
- Bitter: rosemary (dried or fresh), thyme (dried or fresh), cocoa powder

Directions

**This activity requires using a stove and working around hot oil, so be sure to have a loved one nearby to help if needed.*

1. Place a heavy-bottomed pot with a lid on the stove, and turn the heat on high
2. Add a couple of tablespoons of oil to thinly coat the bottom of the pot. Add a couple of tester kernels to the oil. When all the tester kernels pop, the oil is hot and it's time to add the rest of the popcorn.
3. Add ½ cup of popcorn kernels to the oil. Take the pot off the heat and swirl the kernels around for 20-30 seconds so that they are all evenly coated with the oil.
4. Place the pot back on the heat and put on the lid. Start listening for the popping sounds! Keep the lid on and shake the pot a few times to prevent the popcorn at the bottom of the pot from burning. When the popping sounds slow down and there are a couple of seconds of silence between pops, the popcorn is done!



5. Take the popcorn off the heat right away, and transfer to a large serving bowl. Enjoy with a sprinkle of salt and drizzle of olive oil or melted butter. Or, try your hand at creating your own flavor seasonings!
6. When making your own seasonings, I suggest always lightly salting your popcorn first for a base flavor. Another tip for creating your flavors is to combine two or more ingredients from different flavor profiles. For example, a combination of salty and sweet, or sweet and sour. Choose whatever combination of flavors you prefer and like the most! Remember to go light with the seasoning at first. You can always add more if you need to, but it's very hard to take it away if it's too much. After you have created your flavor, mix your seasoning with your popcorn, serve, and enjoy!

Flavor Combination Examples

- Cinnamon Sugar: a mix of salt, cinnamon, brown sugar
- Spicy Lime: a mix of salt, red pepper or chili powder, lime juice
- Mexican Cocoa: a mix of salt, cocoa powder, cinnamon, brown sugar
- Savory Herb: a mix of salt, rosemary and/or thyme (fresh or dried), parmesan cheese, lemon juice