

MICROWAVE POPCORN



Prep and cook time: 3 minutes

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)

Method

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 to 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.

