

DR. CHRISTOPHER'S  
*Herbal Legacy Newsletter*

## **Sweet Popcorn**

1/2 cup organic popping corn; air popped

1/2 cup honey

1/2 cup coconut oil

1/8-1/4 teas. salt

Warm the honey, coconut oil, and salt in a small sauce pan over low heat, just until melted and well combined. Put air popped corn into a large bowl and drizzle the melted honey mixture over the top while stirring to coat evenly. This is a great tasting and healthy alternative to kettle corn.

