



Happy Cooking, Healthy Living



Follow the link for more helpful information:

 <https://www.nhs.gov.uk/your-health/public-health-nutrition/>

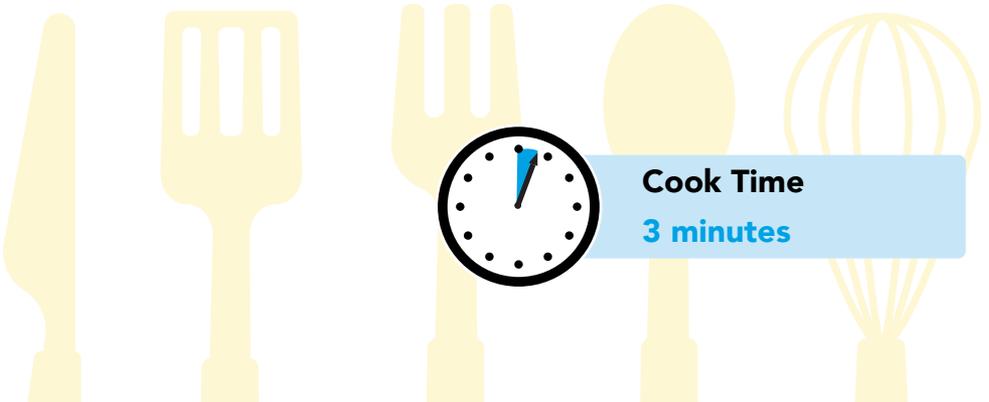
Popcorn

Ingredients (Serves 1)

- 50g popping corn kernels

Equipment Needed

- Microwaveable container or bowl
- Plate or alternative to cover bowl



Method

1. Weigh popcorn kernels in a microwaveable container and cover with a plate.
2. Microwave on HIGH for 2-3 minutes or until the popping almost stops.

