

# The Popcorn Bar



## Ingredients

Coconut Oil  
Popcorn  
Sea Salt  
Black Pepper  
Seaweed Gomasio(optional)  
Dulse granules or flakes(optional)  
Nutritional yeast(optional)  
Extra Virgin Olive Oil(optional)  
Bacon(optional)

## Directions

Welcome to the Popcorn Bar!

There are two ways to make this delicious and nutritionally dense treat:

1. The Whirley Popcorn machine that cooks right over your stovetop and allows you to use less oil, without compromising taste. Recommended: 1-2 tbsp of Coconut oil. Big props to Tracy Martin for perfecting this amazing method and taste...and sharing! And might I add; this is a fabulous addition for car camping after a long day.
2. The traditional stovetop method. Use just enough coconut oil to cover the bottom of the pan on low heat. Add only enough organic popcorn seeds to cover the bottom of pan while being covered by the oil.

Turn up to medium heat, put the lid on, and let it pop until the lid pops off. Once it slows to less than 1-2 pops per 3-5 seconds, you will want to turn off the burner until the lid pops off.

Here's the "bar" aka the toppings:

Seaweed Gomasio: found at earthfare/wholefoods sea salt, sesame seeds, and sea vegetables  
Dulse granules or flakes: pump up your nutritional density with sea algae and delicious salty taste  
Nutritional yeast: avoid if you have an overgrowth of yeast, candida, or fungus  
Sea Salt  
Black Pepper  
Extra Virgin Olive oil

Here's the Paleo kicker Bonus...BACON!

Try chopping up 3 slices of Nitrate free bacon and put it in with the oil before you add the popcorn. Let it get cooked some, but not completely. And props to my sweet neighbor Meg for sharing this family tradition. One of my favs!