

Better Than Microwave Popcorn Without The Trans Fat & Carcinogens

- 2 tsp virgin coconut oil
- 1 / 2 cup popcorn
- 1 / 2 tsp salt
- 1 / 2 tsp onion powder
- a dash of cayenne pepper (about 1 / 8 – 1 / 4 tsp use this to taste)

Heat the oil over medium heat in a large pan. Add the popcorn and spices. As it pops, shake the pan and vent the lid occasionally.