



Spicy Popcorn

Instructions:

Pop the kernels using an air popper or microwave in a brown paper bag. (Fold the top of the bag 3 times and microwave until the kernels stop popping.)

Coat the popcorn with 1 second of Pam and add salt & cayenne pepper. Shake well.

Counts as 1 snack

Prep Time:

1 minute

Cook Time:

3 minutes

Ingredients:

3 TBSP. popcorn kernels

salt & cayenne pepper to
taste

Pam