

Popcorn in Coconut Oil

Packaged microwave popcorn is, more often than not, not vegan. This is one of the reasons you might want to make popcorn from kernels (also... waste, cost, health, etc.).

I prefer coconut oil in which to make my popcorn but I have used olive and canola as well. Use what you prefer or, if you're lucky enough to have an air popper, use that!

Ingredients

- o popcorn kernels
- o coconut oil
- o salt
- o [nutritional yeast flakes](#) (optional)
- o garlic salt or powder (optional)
- o other spices you like

Instructions

1. My recommendation of using ½ cup of popcorn kernels makes a big bowl of popcorn. If you're like me, that's a single serving, but it's certainly enough for at least 2 people. Adjust this according to your tastes.
2. In a medium size pot or [popcorn cooker](#) (I really love mine and prefer it to gunking up a pot) heat over medium heat enough oil to cover the bottom of the pot - be generous if you aren't avoiding oil. If you're using coconut oil, you might have to add, see how it melts, and add some more. It will be about 2-3 Tbsp.
3. Place 4 kernels in with the oil and cover.
4. Once you hear the kernels pop, the oil is hot enough for popping and you should add the remaining kernels and cover. This way all of your kernels will pop up fast and fiercely making for perfectly popped popcorn!
5. Shake the pot as the popping slows down to avoid burning the bottom popcorn.
6. Once the popping has slowed down significantly, turn off the heat. Better to have a few unpopped kernels than burn your popcorn.
7. Pour into a big bowl and top with the amount of salt you like. You can add nutritional yeast for a slightly cheesy flavor and garlic salt or powder for a... garlicky flavor!

Recipe by **Plenty Vegan** at <https://plentyvegan.com/plenty-vegan-plan-resources/cooking/simple-vegan-meals/dessert/>