

Cocoa Microwave Popcorn

Recipe Type: Snack

Serves: 1

Prep Time: 5 minutes

Cooking Time: 2 minutes

C means cup

T means tablespoon

t means teaspoon

oz means ounce

What you need:

1 t sugar

1 t cocoa powder

¼ C popcorn kernels

Brown paper bag

Cooking oil spray

What to do:

1. Wash your hands.
2. Mix the sugar and cocoa powder in a small bowl. Set it off to the side.
3. Pour the popcorn kernels into the brown paper bag.
4. Fold the top of the bag over 3 times to make sure it is closed.
5. Put the bag in the microwave on high for 2 minutes or until there is a 2 to 3 second pause between pops.
6. Pour the popcorn into a bowl. You can put any kernels back in the bag and cook them for 1 minute longer if they did not pop.
7. Lightly spray the popcorn with the cooking spray.
8. Pour the spice mixture over the popcorn and mix it in.
9. Enjoy!



This is a picture of 1 serving.

Nutrition Facts

1 servings per container

Serving size 5 Cups (60g)

Amount per serving

Calories 180

% Daily Value*

Total Fat 2.5g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 15mg 1%

Total Carbohydrate 44g 16%

Dietary Fiber 9g 32%

Total Sugars 4g

Includes 4g Added Sugars 8%

Protein 6g

Vitamin D 0mcg 0%

Calcium 2mg 0%

Iron 2mg 10%

Potassium 28mg 0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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