



Popcorn with Brain Butter

strong bodies **healthy minds**

Popcorn is the ultimate whole-grain snack food, but often its nutritional value is compromised by the microwave and movie versions. We've remade this much-loved snack by using an air-popper to pop the corn kernels and then adding flaxseed oil instead of butter. Flaxseed oil's yellow color looks like butter, but this healthy fat rich in omega-3 fatty acids protects our hearts and sharpens our brains. Add a few pinches of sea salt to taste and munch away.

Ingredients:

1/4 cup popcorn kernels
1 tablespoon flaxseed oil
1/4 teaspoon sea salt

Directions:

1. Place popcorn kernels in air popper and pop following manufacturer's directions.
2. In medium bowl, drizzle flaxseed oil over popped corn and sprinkle with salt; toss to coat evenly.

Makes 4 serving (1 cup per serving).

Nutrition Facts per serving: 70 calories; 4g fat (0g sat fat, 1g mono, 2g poly, 0 g trans); 0mg cholesterol; 8g carbohydrate (2g fiber, 0g sugar); 1g protein; 30mg sodium; 4% Daily Value (DV) iron.