



Seed Snack Mix

INGREDIENTS

- 1/4 cup popcorn kernels
- 1 Tbsp oil
- 1/4 cup sunflower seeds (without shells)
- 1/4 cup pumpkin seeds (without shells)
- 1 Tbsp sesame seeds
- sprinkle of salt
- Optional: other seasoning like chili powder, dill, pepper, garlic powder
- Optional: 1 Tbsp olive oil or melted butter

DIRECTIONS

1. Use a heavy-bottomed pot to avoid burning. Add 1 Tbsp oil and medium heat. Put 2 kernels of corn in hot oil. If they pop, the oil is hot enough. Add the remaining kernels. Put the top on the pot and return to heat. Shake pot from side to side so popcorn will be distributed in the pot evenly. When popping slows to between 2-3 seconds, remove from heat. Wait until popping stops to remove lid.
2. Mix your popcorn in a bowl with the rest of the seed ingredients.
3. Top with salt and other seasonings (optional, drizzle with melted butter or oil)

