



## High 5 Perfect Popcorn

### Ingredients:

¼ cup pure olive oil or sunflower oil or high-heat oil of choice  
1 cup small popcorn kernels  
1 T High 5 Original Unboring Salt (to taste) OR 1-2 teaspoons Tickled Pink Blend  
2 tsp High 5 Sweet Sass (optional)

### Method:

1. Heat a 4-6 quart pot (with available lid) over high heat for 2 minutes
2. Put oil in pot and wait 1 minute
3. Add THREE kernels of popcorn to pot and put lid on pot
4. When all three kernels pop, add remaining kernels and re-cover pot
5. Shake pot frequently
6. When popping slows to 1-2 pops per five seconds, remove from heat
7. Pour corn into large bowl and season to taste with High 5 Salt of your choice
8. Enjoy!

*This can be made with air popped corn. Just season while hot with High 5 Salts*

### *Optional add-ins:*

- 1 cup toasted nuts
- ½ cup grated parmesan cheese (cut back on salt if using)
- ½ cup dried cherries or cranberries
- ½ cup dark chocolate chips or dark chocolate almonds – AFTER CORN IS COOL
- 1 cup goldfish crackers or small pretzels
- ½ tsp dried Italian herbs added with salt while hot
- ½ tsp curry powder added with salt (along with pretzels and nuts is good as well!)
- 1 cup peanut butter pretzels
- 1 cup shredded sweetened or unsweetened coconut (curry is good with this!)