

## Kick A Popcorn

4-5 Cups	Organic popped popcorn
1-2 Tablespoons	Organic coconut oil (Omega Nutrition - see below)*
1 - 2 teaspoons	Organic red palm oil

1- 2 Tablespoons      Kick A Seasoning - Whole Foods, Butcher's Counter

Cook popcorn in a popcorn popper and immediately pour into a clean paper bag.

Combine the coconut oil and red palm oil in a small pan and melt over low heat. Pour over the popcorn and shake vigorously to coat.

Sprinkle 1 Tablespoons of Kick A Seasoning on top of the popcorn, fold over the top of the bag and shake vigorously to coat. Repeat with another Tablespoon - if you dare!

Pour into a serving bowl.

Kick A Seasoning - At the butcher's counter get a carton of Whole Foods Black Pepper spice (about 1/3 cup) have the butcher add 2 Tablespoons of jalapeño powder and 1 Tablespoon of crushed red chili peppers)

**\* Omega Nutrition 100% Organic Coconut Oil.** [www.omeganutrition.com](http://www.omeganutrition.com)

This is the only coconut oil I have found without a coconut flavor, which is fine in some recipes, but not this one.

### Make your own kick A seasoning.

3 Tablespoon	organic paprika
1 Tablespoon	organic garlic powder
1 teaspoon	organic crushed red pepper
2 teaspoon	organic onion powder
2 teaspoon	organic ground red pepper
1/2 teaspoon	organic ground nutmeg
1/4 teaspoon	organic chili powder
1 teaspoon	organic dried thyme
1 teaspoon	organic dried oregano
1 teaspoon	organic black pepper, ground

### Instructions:

Combine the first group of spices in a jar. Measure the thyme, oregano and black pepper into a small grinder (like a coffee grinder) and grind to a fine powder.

Add to the other spices. Secure the lid and shake vigorously to blend.

Store in a sealed glass jar out of sunlight. Use in 6-12 months.