

# Sweet and Spicy Popcorn

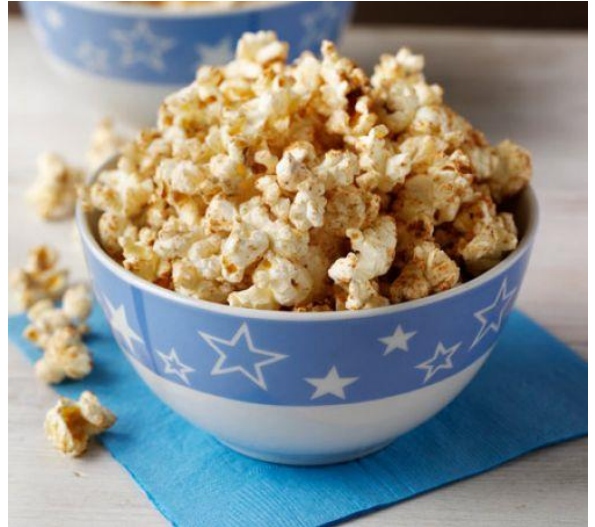
Throw away the crisps and cookies and bring out the popcorn! Popcorn has amazing health benefits that are missed by many. Popcorn provides wholegrains and fibre that help with digestion and blood sugars, and also antioxidants that help prevent diseases.

100g bag salted microwave popcorn

¼ tsp chilli powder

½ tsp cinnamon

1 tbsp agave syrup



## Method

1. Cook the microwave popcorn according to the packet instructions. Tip into a large bowl. Sprinkle over the spices, then pour over the agave syrup. Stir and serve warm or pour into a bag and take to work as an afternoon snack.