



~~Achley's~~ Meal Prep Monday!



Samson's Stovetop Cheesy Popcorn

INGREDIENTS

½ cup avocado oil
about a half cup of
butter or butter
alternative

(coconut butter,
DF, etc)

1 cup popcorn
kernels

¼ cup nutritional
yeast

salt to taste



Use about an 8 quart saucepan with lid, and place over medium ish heat. Add avocado oil and butter and let melt. Stir in the kernels and gently shake so they form an even layer. Cover with the lid.

Wait about 3-5 minutes until popping starts. Once it begins to slow, hold the lid on with a towel and carefully shake the pot back and forth to resettle the kernels. Stop cooking when there's about a 5 second pause between pops.

Immediately pour popcorn into a large bowl, salt to taste and sprinkle nutritional yeast evenly.

Toss to coat and enjoy!

CARTWRIGHT'S
MARKET