

# Spicy Thai Peanut Popcorn

Spicy Thai Peanut Popcorn recipe by Vegan Proteins.



PREP TIME

5 mins

COOK TIME

5 mins

TOTAL TIME

35 mins



COURSE

Gluten Free, Sides, Snacks



SERVINGS

1 serving

CALORIES

237 kcal

## INGREDIENTS

- 3 c Air Popped Popcorn
- 1/2 Tbsp maple syrup
- 1/2 Tbsp coconut oil
- 1 Tbsp sriracha
- 1/2 Tbsp lemon juice
- 1/2 Tbsp Peanut Butter
- 1 Tbsp Nutritional Yeast
- 1 Tbsp PB2
- 1/4 tsp garlic salt
- 1/4 tsp ginger powder
- 1/4 tsp onion powder

## INSTRUCTIONS

1. Put air popped popcorn in a large bowl.
2. In a small bowl, microwave, maple syrup, coconut oil, sriracha, peanut butter and lemon juice together for about 30 seconds until coconut oil melts and stir together well.

- 3. While it's melting, in another small bowl, mix spices, PB2, and nutritional yeast.
- 4. Drizzle the oil mixture over popcorn and toss well to coat.
- 5. Before the oil cools, sprinkle spice mixture over the popcorn and toss well again.
- 6. Spread popcorn on a parchment paper lined cookie sheet, and dry in a 200°F/93°C oven for 25 minutes.

NUTRITION

Nutrition Facts	
Spicy Thai Peanut Popcorn	
Amount Per Serving	
Calories 237	Calories from Fat 110
% Daily Value*	
Fat 12.2g	19%
Carbohydrates 27.1g	9%
Protein 9.1g	18%
* Percent Daily Values are based on a 2000 calorie diet.	



Tried this recipe?  
Let us know how it was!