

# 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

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### Nutrition Facts

Spicy Thai Peanut Popcorn

**Amount Per Serving**

<b>Calories</b>	237	Calories from Fat	110
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		<b>% Daily Value*</b>	
<b>Fat</b>	12.2g	19%	
<b>Carbohydrates</b>	27.1g	9%	
<b>Protein</b>	9.1g	18%	

\* Percent Daily Values are based on a 2000 calorie diet.



**Tried this recipe?**

Let us know how it was!