

# Sweet and spicy popcorn (vegan)



 15 min.  278 kcal  SteviaSweet Crystal

## Preparation

Mix together the [SteviaSweet Crystal](#) and spices. Heat the rapeseed oil in a large, shallow pan and add a few corn kernels. Place the lid on the pan.

The oil is hot enough when the corn begins popping. Remove the pan from the stove, place the corn in the oil and put the lid back on the pan. Place the pan back on the stove. Once the corn begins popping, you can reduce the temperature slightly. Gently shake the pan from time to time. When the corn has stopped popping, the popcorn is ready.

Place the finished popcorn into a bowl and add the spice mixture to the warm popcorn. Mix thoroughly. Allow the popcorn to cool a little and then enjoy.

## Ingredients for 2 servings

100 g	corn
2 tbsp	rapeseed oil
1/2 tbsp	<a href="#">SteviaSweet Crystal</a>
1/2 tsp	chilli powder
1/2 tsp	ground cinnamon
1/2 tsp	ground vanilla
1/2 tsp	salt

## Nutritional information per portion

278	kcal
1167	kJ
5	g Protein
35.5	g Carbohydrates
12	g Fat