

PROTEIN POPCORN



INGREDIENTS:

- 1/2 tbsp Breakfast in Bed GLAM PRO
- 2 tbsp (30g) popping corn
- 1 tsp water

DIRECTIONS:

- 1) In a small bowl mix GLAM PRO and water until well combined. It should look like a medium-thin paste
- 2) Add popping corn and mix until kernels are well coated
- 3) Pour mixture into a large microwave safe bowl
- 4) Cover bowl with plastic wrap, ensure it is sealed. Poke 5-6 holes around the bowl to allow the steam out
- 5) Microwave on high for 4:30-5 minutes. Listen as it cooks, stop microwave once popping slows.
- 6) **WARNING:** Bowl will be very hot! Remove with oven mitts
- 7) Allow it to cool for 3-5 minutes

Enjoy!

Makes 1 Serving

Calories: 120 | Protein: 6 g | Carbs: 22 g | Fat: 1 g