



30 Perfect Popcorn Recipes: How to Make Sweet Savory Gourmet Popcorn at Home

By Lori Jane Stewart

Createspace, United States, 2012. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****. Popcorn has probably been around longer than any other snack food on the planet. It has a rich history, dating back to before civilization and taking part in a multitude of events we celebrate every year. It's the most popular snack food around the world, and the second most popular snack in America (falling just behind potato chips). Popcorn can be found all over the country, at movie theaters, carnivals, and most people's kitchens or pantries. It is a common misconception that popcorn is an unhealthy snack. The reason some people avoid popcorn is because they don't understand the real culprit! Behind its supposedly unhealthy status, are the seasonings and additives, often added to commercially packaged products to liven up the bland natural flavor and to lengthen its shelf life. The popcorn itself is a wholegrain, and these can help prevent cancer and lower the risk of heart disease, while also supplying healthy nutrients that support our vision. There are many different methods to create popcorn, but the basic principle stays the same. All...



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