

# *Herbal Legacy Recipes*

## **Patricia's Delicious Health Popcorn**

From [www.Bragg.com](http://www.Bragg.com)

- Use freshly popped popcorn
- If desired, use olive, canola, soy, sesame, or flax seed oil.
- Pour the oil over popcorn and then add several sprays of Bragg Liquid Aminos and Bragg Apple Cider Vinegar.
- Sprinkle with nutritional yeast large flakes.
- Add a pinch of Italian or French herbs, cayenne pepper, mustard powder, or fresh crushed garlic to the oil mixture.
- This is delicious served instead of breads!



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<http://www.herballegacy.com/Recipes.html>

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