

HEALTHY,
NUTRITIOUS
POPCORN
RECIPES

The Popcorn Chefs

CORN~ COCTIONS



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WELCOME

WATCH ME



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CORN~ PARISONS



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CORN~PARISONS



**1 CARTON OF
SWEET POPCORN**

83 KCAL
1.4g FAT



**1 BAR OF
CHOCOLATE**

160 KCAL
5.7g FAT



**DOUBLE THE PORTION
HALF THE CALORIES**

CORN~PARISONS



**1 CARTON OF
MIXED POPCORN**

83 KCAL
1.4g FAT



**1 HANDFUL
OF MIXED NUTS**

188 KCAL
17g FAT



**YOU CAN EAT A
WHOLE LOAD OF POPCORN
FOR A LOT LESS FAT!**

CORN~PARISONS



**1 CARTON OF
MIXED POPCORN**

83 KCAL
1.4g FAT



**1 PACKET
OF CRISPS**

130 KCAL
7.7g FAT



**POPCORN IS A COMPLEX
CARB WHICH KEEPS YOU
FULLER FOR LONGER**

SATISFYING SNACKS



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Garlic & Herb Popcorn

Ingredients

- 20g salted popcorn
- 1 kcal spray
- Herbs
- Garlic

Directions

- Add popcorn to mixing bowl
- Place in microwave for 1 minute
- Spray popcorn with 1kcal
- Sprinkle all garlic & herbs over popcorn
- Mix thoroughly
- serve & enjoy



75

CALORIES



WATCH ME





Mexican Popcorn

Ingredients

- 20g Natural popcorn
- 1 Kcal Spray
- Cajun seasoning
- 20g Light cheddar cheese
- 20g Guacamole
- 20g Salsa
- 10g Jalapeños

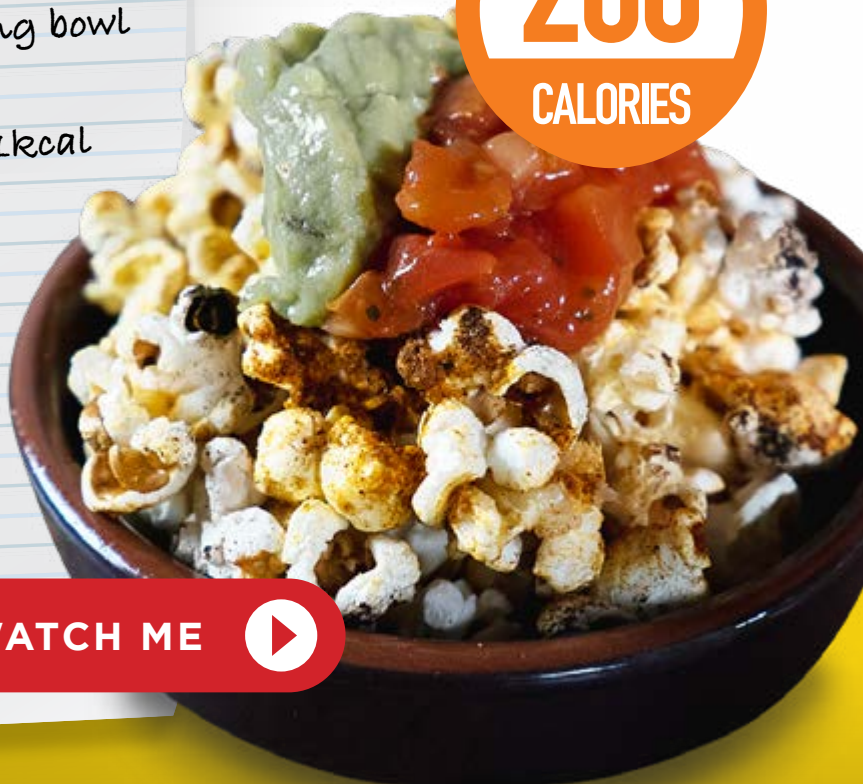
Directions

- Pre-heat grill
- Add popcorn to mixing bowl
- Microwave for 1 min
- Spray popcorn with 1kcal
- Sprinkle Cajun spice over popcorn
- Mix thoroughly
- Sprinkle cheese & place under grill
- Top with salsa, guacamole & jalapeños
- Enjoy



200
CALORIES

WATCH ME





Sweet & Sour Popcorn

Ingredients

- 20g Mixed popcorn
- 40g Pineapple
- Herbs
- Garlic

Directions

- Add popcorn to mixing bowl
- Add to microwave for 1 minute
- Spray popcorn with 1kcal
- Sprinkle garlic & herbs over popcorn
- Mix thoroughly
- Top with pineapple
- Serve & enjoy



90
CALORIES



WATCH ME





Italian Stallion Popcorn

Ingredients

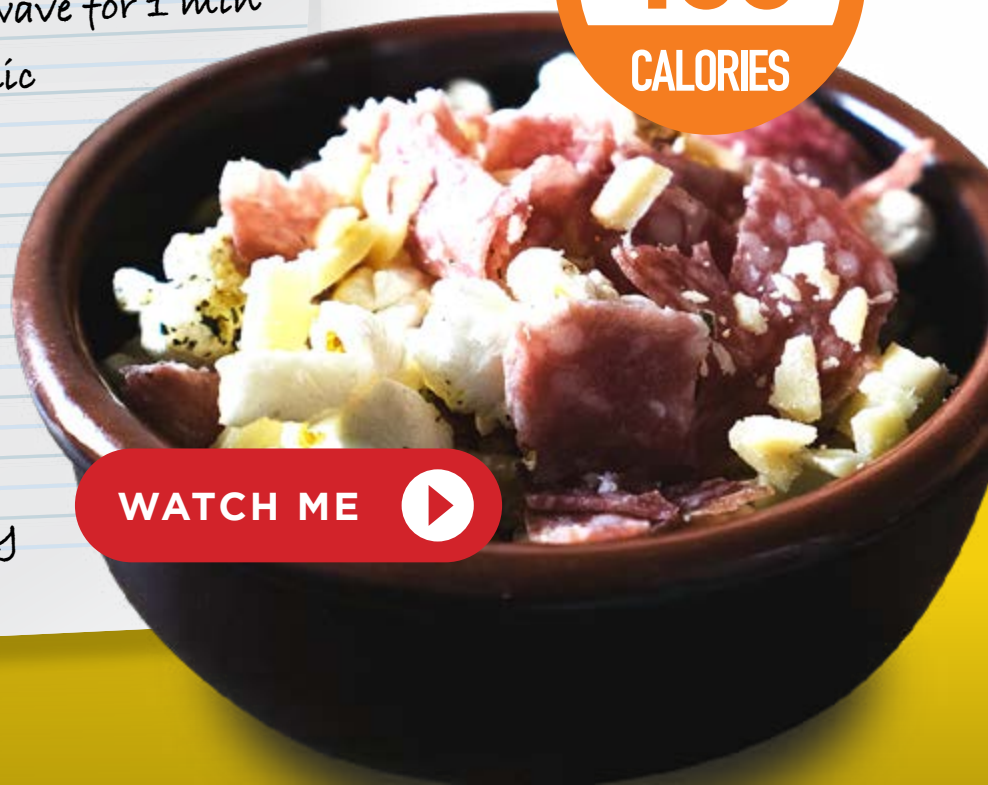
- 20g salted popcorn
- 1 kcal spray
- Herbs
- Garlic
- 10g Parmesan cheese
- 10g salami

Directions

- Add popcorn to mixing bowl
- Spray popcorn with 1kcal
- Add to microwave for 1 min
- Sprinkle garlic & herbs over popcorn
- Mix thoroughly
- Top with parmesan & salami
- Serve & enjoy



150
CALORIES



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SWEET TREATS



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Corn-Corn Pops

Ingredients

- 40g Sweet popcorn
- 250ml milk
- 50g Banana

Directions

- Add popcorn to bowl
- Add almond milk to bowl
- Top with banana
- Enjoy



250
CALORIES



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SWEET TREATS



Choc-Corn

Ingredients

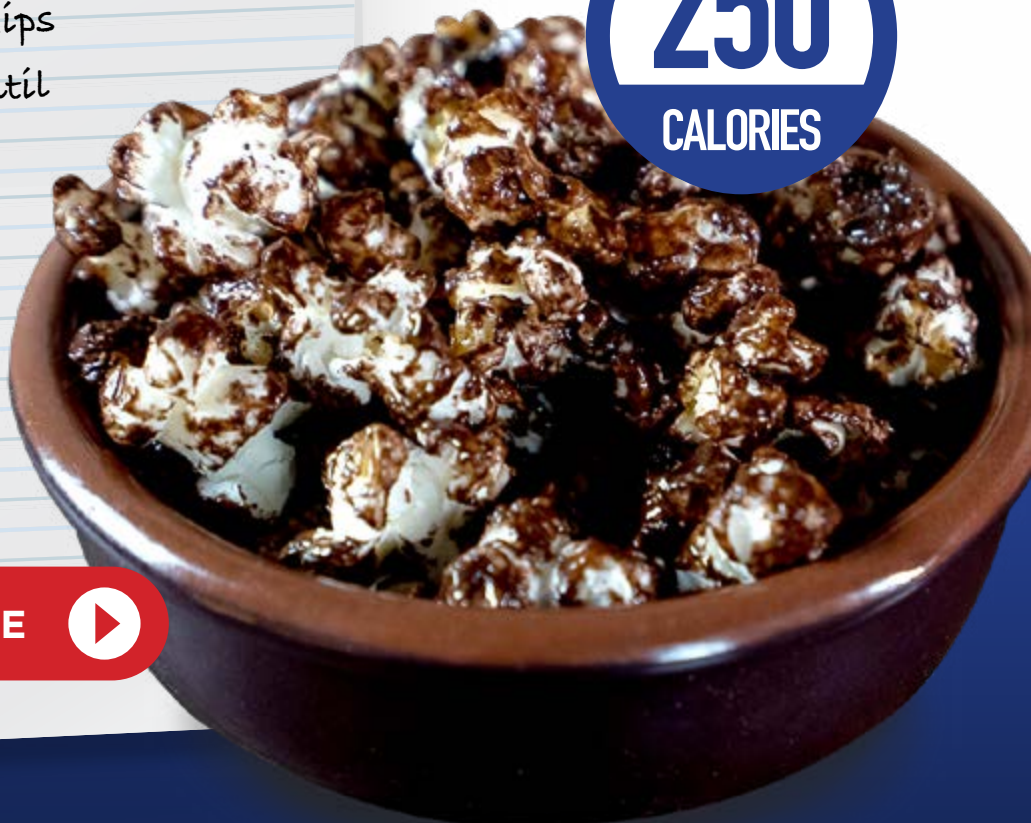
- 20g Any flavour popcorn
- 30g dark choc chips

Directions

- Add popcorn to bowl
- Add to microwave for 1 min
- Add choc chips
- Mix well until popcorn is covered in chocolate
- Serve and enjoy



250
CALORIES



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SWEET TREATS



Cinna-Corn

Ingredients

- 20g Natural popcorn
- 10g Honey
- Cinnamon

Directions

- Add popcorn to bowl
- Add honey & cinnamon
- Mix thoroughly
- Serve & enjoy



99

CALORIES



WATCH ME





Nutty Popcorn

Ingredients

- 40g Sweet popcorn
- 20g Nut butter of choice
- 50g Banana

Directions

- Add popcorn to bowl
- Drizzle nut Butter over top
- Top with banana
- Serve & enjoy



344
CALORIES



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PROTEIN PACKED



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PROTEIN PACKED



Whey Nice Popcorn

Ingredients

- 40g of Sweet or natural popcorn
- 250ml Almond milk
- 50g Banana
- 30g whey protein

Directions

- Add popcorn to bowl
- Add almond milk & whey to shaker
- Shake well
- Pour into bowl & top with banana
- Or have all separate



30G
PROTEIN

WATCH ME



PROTEIN PACKED



Caesar Corn Salad

Ingredients

- 20g Natural or salted popcorn
- 2 Slices turkey rashers
- 100g Chicken
- 20g Lighter than light mayonnaise
- 150g Iceberg Lettuce

Directions

- Add lettuce to bowl
- Add mayo & mix
- Cook chicken & turkey rashers
- Once cooked add to salad
- Sprinkle popcorn over salad
- Serve & enjoy

WATCH ME



50G
PROTEIN



PROTEIN PACKED



Don't Fage Away Popcorn

Ingredients

- 20g Sweet popcorn
- 250g 0% Fage yoghurt
- 50g Berries of choice
- 10g Honey

Directions

- Add fage yoghurt to bowl
- Add honey & popcorn
- Mix well
- Sprinkle berries to top
- Serve & enjoy

*Add whey for extra protein



25G
PROTEIN

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PROTEIN PACKED



Cottage Corn

Ingredients

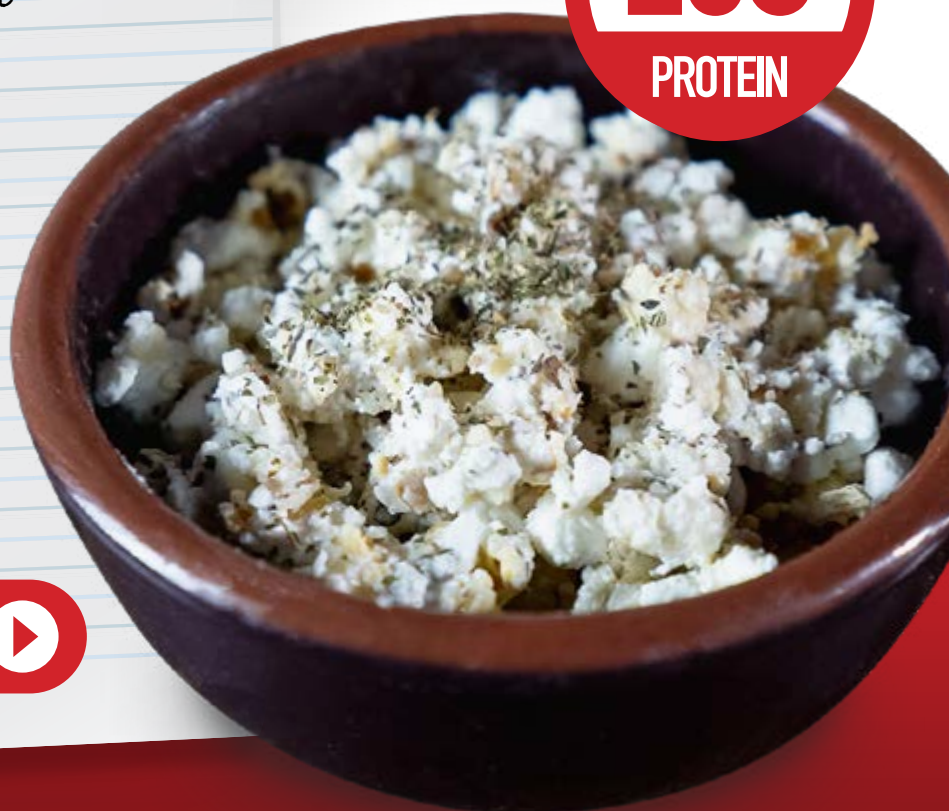
- 20g of salted or natural popcorn
- 200g cottage cheese
- Herbs
- Garlic

Directions

- Add cottage cheese to bowl
- Add popcorn into cottage cheese
- Mix well
- serve & enjoy



25G
PROTEIN



WATCH ME



THANK YOU!



MESSAGE FROM ANTON

I hope you've found this guide useful and enjoy the recipes I've created.

Be adventurous, have fun and try your own.

Tag myself and Mac-Corns to your socials and we'll be sure to share them.

With gratitude,

Anton

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ANTON



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