



Lunch Recipe: Garam Masala Popcorn with Roasted Masala Cashews

For Popcorn

- 4 tbsp truffle ghee
- 6 tbsp of popcorn kernels
- $\frac{3}{4}$ tsp Life is a Recipe® Garam Masala
- $\frac{1}{2}$ tsp himalayan salt to (taste)
- $\frac{1}{4}$ tsp chili powder (optional, to taste)

For Masala Cashews

- 2 Cups of Cashews(raw & unsalted)
- 1 Large Egg White (lightly beaten)
- ADD IN cashew mix recipe.

Instructions

1. Pop popcorn in popping machine.
2. In a large pot melt the ghee butter.
3. Stir.
4. Add in popped popcorn.
5. Mix until popcorn is coated with butter mixture.
6. Sprinkle salt to taste.
7. Add in Life is a Recipe® Garam Masala.
8. Sprinkle in chili powder.
9. In a large bowl mix Life is a Recipe® Garam Masala popcorn and Masala cashews.
10. Serve and enjoy.

For Masala Cashews

1. Preheat oven to 300 degrees.
2. In a large bowl, coat cashews with egg white.
3. Add in cashew mix recipe.
4. Stir until thoroughly coated.
5. Line a large baking sheet with wax paper.
6. Spread nuts in a single layer.
7. Roast, stirring every 5 to 10 minutes until golden brown.
8. This should take about 25 minutes.
9. Let cool.