



Our canola oil is naturally cholesterol free, very high in Omega-3 with only 7% saturated fat. Enjoy a light neutral flavour with a cooking oil that cares.

Here's why this is an ingredient for better living:



# Sugar and Spice and All Things Nice Popcorn

## Ingredients:

- + 6 tablespoons popcorn kernels
- + 1 teaspoon B-well Canola Oil
- + 1 cup crushed pretzels
- + 1 cup mini marshmallows
- + Smarties

## Instructions:

1. Prepare popcorn on the stovetop in a pot with canola oil.
2. Transfer the popped corn into a large bowl and allow it to cool. Mix in the crushed pretzels and mini marshmallows.
3. Pour the smarties over the popcorn, pretzel, and marshmallow mixture, ensuring even coverage.

### Nutrition tip:

Popcorn is a nutritious, high-fibre, and cost-effective snack for lunch boxes. This recipe also serves as a delightful party snack.

