

# Harvest Popcorn

 Serves 2 |  Prep time 5 min |  Cook time 5 min

 Symptom support **Constipation** | **Diabetes**

## How this recipe supports cancer health

This snack hits digestion, blood sugar control, and satiety all at once. Popcorn delivers whole grain fiber to keep things moving and curb cravings. Pumpkin seeds add protein, magnesium, and healthy fats for steadier energy. A drizzle of maple syrup satisfies sweetness without creating a blood sugar spike.

Adding a spoonful of ground flax boosts the fiber even further and brings lignans that support hormone balance and overall gut health. It's a simple, feel good snack that supports regularity, healthy weight, and stable energy between meals.

## Ingredients

- 4 cups air popped popcorn
- 2 tbsp pumpkin seeds
- 1 tbsp maple syrup
- 1 tsp cinnamon
- 1 tbsp ground flaxseed



## Instructions

1. Mix popcorn, pumpkin seeds, and ground flaxseed in a bowl.
2. Drizzle with maple syrup and sprinkle cinnamon. Toss well to coat evenly.

## Vegan Swap

This recipe is already vegan!

## Nutrition Info (per serving)

Approx. 160 kcal | 5g protein | 4g fiber

5g fat | Cholesterol free

## Notes