



**pina loGiudice ND, LAc**

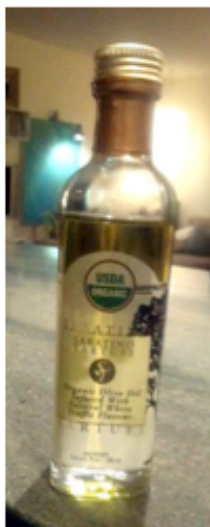
**peter bongiorno ND, LAc** *doctors of  
naturopathic medicine / licensed acupuncturists*  
[www.InnerSourceHealth.com](http://www.InnerSourceHealth.com)

## **recipe: dr. pina's truffle oil popcorn**

Sophia's newest fav in the bongiorno household is popcorn flavored with truffle oil. It is quite easy too.



dr. Pina likes to shake it up herself in a pot on the stove by adding 1 cup of popcorn to a few tablespoons of high heat safflower oil over a high flame. Important: cover the pot with a lid. Start with a high heat flame and then decrease the flame as the popping intensifies. Remember to keep shaking vigorously until you hear the popping decrease to only 1 or 2 every few seconds.



Then add a few tablespoons of truffle olive oil and a pinch of salt to taste and mix. We use the truffle olive oil pictured to the left (“Sabatino Tartufi organic olive oil”). As an alternate, Dr. Pina recommends using regular butter or ghee with truffle salt.

*Health info: popcorn has plenty of fiber, while olive oil is full of anti-inflammatory omega-9 oleic fatty acids. Truffles taste good and are high in potassium.*