

Popcorn Spice Mixes

Air-popped popcorn is a great crunchy snack option, and these seasoning blends add delicious flavor while being mindful of sodium and fat!

YIELD 4 CUPS	PREP TIME 10 MIN	TOTAL TIME 10 MIN
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INGREDIENTS

For the popcorn:

¼ cup	Popcorn Kernels
1 Tbsp	Salt-free seasoning of choice
1 Tbsp	Olive Oil
¼ tsp	Kosher Salt

For the Sweet Seasoning:

1 Tbsp	Brown Sugar
1 Tbsp	Cinnamon, ground
1 tsp	Nutmeg, ground
½ tsp	Ginger, ground

For the Herb Seasoning:

1 Tbsp	Nutritional Yeast
1 tsp	Thyme, dried
1 tsp	Oregano, dried
¼ tsp	Paprika, smoked or sweet

For the Creole Seasoning:

1 tsp	Onion Powder
2 tsp	Garlic Powder
2 tsp	Oregano, dried
1 tsp	Basil, dried
⅛ tsp	Thyme, dried
1 tsp	Black Pepper
⅛ tsp	Cayenne, ground
2 tsp	Paprika, smoked or sweet

CHEF'S NOTES

This is a great recipe to use as a gift! In separate jars, put your favorite seasoning blend and tie together with a jar of popcorn kernels and this recipe!

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. Place the popcorn kernels in a brown paper bag and fold the top tight, then place in the microwave for 2 minutes or until the popcorn kernels stop popping.
3. In a small bowl, combine the spices of your desired seasoning blend. Reserve to the side.
4. In a large bowl, combine 1 tablespoon of your desired spice blend, olive oil and salt. Mix well until thoroughly combined. Add in the popcorn and toss until the spice blend is evenly coating the popcorn.

