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!

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<th>YIELD</th>
<th>PREP TIME</th>
<th>TOTAL TIME</th>
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<td>4 CUPS</td>
<td>10 MIN</td>
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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
- ½ tsp Thyme, dried
- 1 tsp Black Pepper
- ½ 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.