

# Popcorn Seasoning



## Sweet & Savory

½ tsp. Sea Salt  
1 tsp. Nutritional Yeast\*  
1 tsp. Granulated Sugar



## Spicy

¼ tsp. Paprika  
½ tsp. Cumin  
½ tsp. Red Pepper Flakes



## Cinnamon Sugar

1 tsp. Cinnamon  
1 Tbsp. Brown Sugar



## Cheesy

1 tsp. Sea Salt  
1 Tbsp. Cheese Powder or  
Nutritional Yeast\*



## Savory Blend

½ tsp. Nutritional Yeast\*  
1 tsp. Onion Power  
1 tsp. Sea Salt



## Herb Blend

½ tsp. Dried Basil  
½ tsp. Dried Oregano  
¼ tsp. Dried Rosemary  
¼ tsp. Dried Thyme

*\*Nutritional Yeast is a gluten-free cheese powder alternative high in vitamins and minerals. It is commonly found in the health food or spice aisles.*



## Directions

### STEP 1

In a small bowl, combine the spices for one batch of popcorn.

### STEP 2

Pop 2-3 cups of popcorn using your favorite method. Unseasoned kernels or lightly buttered microwave popcorn work best.

### STEP 3

Coat the popped popcorn lightly with melted butter or cooking oil (coconut or avocado), then add the seasonings and shake. A medium sized bowl with a lid is perfect for coating the popcorn in the seasoning.

## Tips

*Feeling adventurous? Try mixing a 2-to-1 ratio of ranch seasoning and dill for a savory bite or peanut butter powder and powdered sugar for something sweeter.*

*Leftover popcorn can be stored in an airtight container for up to 10 days.*

