

POPCORN SEASONING

INGREDIENTS *(For 10 Cups)*

Ranch

- ½ tsp dried dill
- ½ tsp garlic powder
- ½ tsp onion powder
- ¼ tsp salt
- ¼ tsp pepper

Dorito

- 2 tbsp nutritional yeast
- ¼ tsp garlic powder
- ¼ tsp onion powder
- ¼ tsp cumin
- ¼ tsp paprika
- ¼ tsp chili powder
- ¼ tsp salt

Cinnamon sugar

- 1 tbsp icing sugar
- ½ tsp cinnamon
- ¼ tsp salt



DIRECTIONS

1. Stir together ingredients for either Ranch, Dorito or Cinnamon Sugar flavoured seasoning and sprinkle over the top of prepared popcorn.

COOKING TIP

Prepare larger quantities of the seasoning mixes and store in labelled mason jars or spice jars.

FACT

Popcorn is a whole grain snack. Flavouring it with spices and less salt is a way to lower sodium intake.