

# MEASUREMENT FOR 8 CUPS POPPED POPCORN!

3 teaspoons in 1 tablespoon

The secret's in the seasoning: Drizzle 3 cups popcorn with 1 teaspoon olive oil, then toss on one of these tasty blends.

## How To Make Popcorn Seasoning

1. **Combine** all ingredients (spices, herbs, etc.) from the recipe into a blender or food processor.
2. **Blend** on high for a few seconds until large chunks are made into a powder consistency.
3. **Store** in spice jar, Tupperware or baggie.

## How To Add Seasoning to Popcorn

1. Put warm popcorn into a paper bag (the “large lunch sack” sizes work well).
2. Drizzle additional melted coconut oil over popcorn to your liking.
3. Close the bag and shake to distribute the oil.
4. Sprinkle popcorn seasoning over the popcorn.
5. Close the bag and shake to evenly coat the popcorn.
6. Eat!



- 1 tbsp onion flakes
- 2 tsp parsley leaves
- 2 tsp basil leaves
- 1 tsp thyme
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/4 tsp black pepper
- 1/2 tsp sea salt

# *PARMESAN ROSEMARY POPCORN*



- 1 tbsp dried rosemary
- 1 tsp garlic powder
- 1 tsp salt
- 2 tbsp freshly grated parmesan

# SPICY CHIPOTLE POPCORN



- 1 tsp tabasco or jalapeño pepper sauce
- 1 tbsp chipotle powder
- 1 tsp salt

# CINNAMON SUGAR POPCORN



- 2 tbsp light brown sugar
- 1 tsp cinnamon
- ¼ teaspoon salt



- 2 tbsp coconut flakes
- 1 tbsp curry powder
- 1 tsp ginger powder

# TACO POPCORN



- 2 tbsp nutritional yeast
- ½ tsp cumin
- ½ tsp cayenne pepper
- 2 tsp sea salt



- ½ tsp granulated garlic
- ¼ tsp thyme
- 1/8 tsp cumin
- ¼ tsp sea salt
- 1 tsp hot sauce



# CHEESY GARLIC



- 1 tbsp grated Parmesan
- ¼ tsp sea salt
- ¼ tsp dried thyme
- ¼ garlic powder



- ¼ tsp ground turmeric
- ¼ tsp salt
- ¼ ground cumin
- ¼ ground coriander

# LEMON PEPPER



- $\frac{1}{4}$  cup grated Parmesan
- $\frac{1}{4}$  -  $\frac{1}{2}$  tsp lemon pepper
- $\frac{1}{4}$  salt



#### **NACHO CHEESE "DORITOS"**

2 tablespoons nutritional yeast  
1/2 teaspoon garlic powder  
1/2 teaspoon onion powder  
1/2 teaspoon cumin  
1/2 teaspoon ancho chili powder  
Pinch cayenne (optional)  
1 teaspoon sea salt



#### **ROSEMARY-ASIAGO**

1 teaspoon chopped  
fresh rosemary  
Pinch garlic powder  
1-2 tablespoons freshly  
grated Asiago  
Salt and black pepper to taste



#### **MEXICAN CHOCOLATE**

- ▶ 1 tablespoon  
cocoa powder
- ▶ 2 teaspoons  
confectioners' sugar
- ▶ 1/8 teaspoon cinnamon
- ▶ 1/8 teaspoon coarse salt