



Family Food Experts

Home of the Kid Kritics Approved Seal



Keri's Popcorn Recipe

PANS/EQUIPMENT: air popcorn popper, mixing bowl

PREP TIME: 5 minutes

COOK TIME: 5 minutes

Popcorn Kernels

Air pop your popcorn. This is the healthiest way to make delicious popcorn.

Spike Seasoning

Slivered Almonds (toasted if desired)

Broken pieces of walnuts

Brewer's Yeast powder (optional)

After your popcorn has been popped and it is still warm, sprinkle Spike Seasoning over it. Then stir in slivered almonds and small broken pieces of walnuts. The amount of each is up to you. Re-stir as you eat it since the nuts tend to fall to the bottom of the bowl. For those who want to take an extra healthy step, add a pinch of Brewer's Yeast and stir throughout. This will give your popcorn a hint of cheese taste.

Try it and know this is a healthy nutrient-filled and loaded with fiber snack. You can also put it in lunch boxes!

RECIPE SOURCE: Dr. Keri Marshall, thank you for this recipe. We know your kids love it!

3 FOOD COLORS: White, tan, yellow

3 FOOD GROUPS: vegetables, nuts, herbs/spices