

# Chili Popcorn

**Recipe Type:** Snack

**Serves:** 4

**Prep Time:** 5 minutes

**Cooking Time:** 2 minutes

**C = cup T = tablespoon**

**t = teaspoon oz = ounce**

## What you need:

- 2 t chili powder
- $\frac{1}{8}$  t salt
- $\frac{1}{4}$  C popcorn kernels
- Brown paper bag
- Cooking oil spray

## What to do:

1. Wash your hands.
2. Mix the chili powder and salt in a small bowl. Set it off to the side.
3. Pour the popcorn kernels into the brown paper bag.
4. Fold the top of the bag over 3 to make sure it is closed.
5. Put the bag in the microwave on high for 2 minutes or until there is a 2 to 3 second pause between pops.
6. Pour the popcorn into a bowl. You can put any kernels back in the bag and cook them for 1 minute longer if they did not pop.
7. Lightly spray the popcorn with the cooking spray.
8. Pour the spice mixture over the popcorn and mix it in.
9. Enjoy!



This is a picture of 1 serving.

## Nutrition Facts

4 servings per container

**Serving size** 2 cups

**Amount per serving**

**Calories** 60

% Daily Value\*

**Total Fat** 1g 1%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 110mg 5%

**Total Carbohydrate** 13g 5%

Dietary Fiber 3g 11%

Total Sugars 0g

Includes 0g Added Sugars 0%

**Protein** 2g

Vitamin D 0mcg 0%

Calcium 6mg 0%

Iron 1mg 6%

Potassium 75mg 2%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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# Cocoa Popcorn

**Recipe Type:** Snack

**Prep Time:** 5 minutes

**C = cup T = tablespoon**

**Serves:** 4

**Cooking Time:** 2 minutes

**t = teaspoon oz = ounce**

## What you need:

- 1 t sugar
- 1 t cocoa powder
- ¼ C popcorn kernels
- Brown paper bag
- Cooking oil spray

## What to do:

1. Wash your hands.
2. Mix the sugar and cocoa powder in a small bowl. Set it off to the side.
3. Pour the popcorn kernels into the brown paper bag.
4. Fold the top of the bag over 3 times to make sure it is closed.
5. Put the bag in the microwave on high for 2 minutes or until there is a 2 to 3 second pause between pops.
6. Pour the popcorn into a bowl. You can put any kernels back in the bag and cook them for 1 minute longer if they did not pop.
7. Lightly spray the popcorn with the cooking spray.
8. Pour the spice mixture over the popcorn and mix it in.
9. Enjoy!



This is a picture of 1 serving.

## Nutrition Facts

4 servings per container

**Serving size** 2 cups

**Amount per serving**

**Calories** 70

% Daily Value\*

**Total Fat** 0.5g 1%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 0mg 0%

**Total Carbohydrate** 14g 5%

Dietary Fiber 2g 7%

Total Sugars 1g

Includes 1g Added Sugars 2%

**Protein** 2g

Vitamin D 0mcg 0%

Calcium 2mg 0%

Iron 0mg 0%

Potassium 55mg 2%

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# Garlic Popcorn

**Recipe Type:** Snack

**Prep Time:** 5 minutes

**C = cup T = tablespoon**

**Serves:** 4

**Cooking Time:** 2 minutes

**t = teaspoon oz = ounce**

## What you need:

- 1 t garlic powder
- $\frac{1}{8}$  t salt
- $\frac{1}{4}$  C popcorn kernels
- Brown paper bag
- Cooking spray

## What to do:

1. Wash your hands.
2. Mix the garlic powder and salt in a small bowl. Set it off to the side.
3. Pour the popcorn kernels into the brown paper bag.
4. Fold the top of the bag over 3 times to make sure it is closed.
5. Put the bag in the microwave on high for 2 minutes or until there is a 2 to 3 second pause between pops.
6. Pour the popcorn into a bowl. You can put any kernels back in the bag and cook them for 1 minute longer if they did not pop.
7. Lightly spray the popcorn with the cooking spray.
8. Pour the spice mixture over the popcorn and mix it in.
9. Enjoy!



This is a picture of 1 serving.

## Nutrition Facts

4 servings per container

**Serving size** 2 cups

**Amount per serving**

**Calories** 60

% Daily Value\*

**Total Fat** 0.5g 1%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 75mg 3%

**Total Carbohydrate** 13g 5%

Dietary Fiber 2g 7%

Total Sugars 0g

Includes 0g Added Sugars 0%

**Protein** 2g

Vitamin D 0mcg 0%

Calcium 2mg 0%

Iron 0mg 0%

Potassium 57mg 2%

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# Paprika Microwave Popcorn

**Recipe Type:** Snack**Serves:** 4**Prep Time:** 5 minutes**Cooking Time:** 2 minutes**C = cup T = tablespoon****t = teaspoon oz = ounce****What you need:**

- 1 t paprika
- $\frac{1}{8}$  t salt
- $\frac{1}{4}$  C popcorn kernels
- Brown paper bag
- Cooking oil spray

**What to do:**

1. Wash your hands.
2. Mix the paprika and salt in a small bowl and put it aside.
3. Pour the popcorn kernels into the brown paper bag.
4. Fold the top of the bag over 3 times to make sure it is closed.
5. Put the bag in the microwave on high for 2 minutes or until there is a 2 to 3 second pause between pops.
6. Pour the popcorn into a bowl. You can put any kernels back in the bag cook them for 1 minute longer if they did not pop.
7. Lightly spray the popcorn with the cooking spray.
8. Pour the spice mixture over the popcorn and mix it in.
9. Enjoy!



This is a picture of 1 serving.

**Nutrition Facts**

4 servings per container

**Serving size** 2 cups

Amount per serving

**Calories** 60

% Daily Value\*

**Total Fat** 0.5g 1%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%**Sodium** 75mg 3%**Total Carbohydrate** 13g 5%

Dietary Fiber 3g 11%

Total Sugars 0g

Includes 0g Added Sugars 0%

**Protein** 2g

Vitamin D 0mcg 0%

Calcium 3mg 0%

Iron 1mg 6%

Potassium 61mg 2%

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# Parmesan Popcorn

**Recipe Type:** Snack**Serves:** 4**Prep Time:** 5 minutes**Cooking Time:** 2 minutes**C = cup T = tablespoon****t = teaspoon oz = ounce****What you need:**

- ¼ C popcorn kernels
- Brown paper bag
- Cooking oil spray
- 2 T Parmesan cheese

**What to do:**

1. Wash your hands.
2. Pour the popcorn kernels into the brown paper bag.
3. Fold the top of the bag over 3 times to make sure it is closed.
4. Put the bag in the microwave on high for 2 minutes or until there is a 2 to 3 second pause between pops.
5. Pour the popcorn into a bowl. You can put any kernels back in the bag and cook them for 1 minute longer if they did not pop.
6. Lightly spray the popcorn with the cooking spray.
7. Pour the Parmesan cheese over the popcorn and mix it in.
8. Enjoy!



This is a picture of 1 serving.

**Nutrition Facts**

4 servings per container

**Serving size** 2 cups

Amount per serving

**Calories** 70

% Daily Value\*

**Total Fat** 1.5g 2%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%**Sodium** 120mg 5%**Total Carbohydrate** 13g 5%

Dietary Fiber 2g 7%

Total Sugars 0g

Includes 0g Added Sugars 0%

**Protein** 3g

Vitamin D 0mcg 0%

Calcium 23mg 2%

Iron 0mg 0%

Potassium 53mg 2%

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