

Always air pop your popcorn kernals. This is the healthiest way to make delicious popcorn.

Ingredients: Popcorn Kernals

- 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.

Food Groups: vegetables, nuts, herbs/spices

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

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