



ELIZABETH GABRIELSON
WELLNESS

Cajun Popcorn

Serves 2-3

Ingredients:

- 1/3 cup popcorn kernels
- 2 tablespoons melted butter, olive oil or spray oil
- 2 teaspoons paprika or smoked paprika
- 1 teaspoon cumin
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon salt

Directions:

1. Pop popcorn using stove, microwave or air popper.
2. Pour melted butter or oil over the popcorn. Stir or shake to coat.
3. Add all seasonings and salt. Stir to combine and enjoy!