



ELIZABETH GABRIELSON  
WELLNESS

## **Pizza Popcorn**

### **Ingredients:**

- 8 cups popcorn (from about 1/4 c. un-popped)
- 4 Tbsp. unsalted butter, melted, olive oil, avocado oil or spray
- 1/4 cup chopped pepperoni
- 3 Tbsp. finely grated Parmesan
- 1 tsp. dried oregano
- 1/2 tsp. garlic powder
- Pinch of crushed red pepper flakes

### **Directions:**

1. Prepare popcorn in either the microwave or traditionally on the stove. Spray or drizzle oil or butter onto popcorn, tossing evenly to coat.
2. Add additional ingredients to season popcorn and toss to combine.