



Popcorn Sprinkles

Makes 10 cups | 10 servings | Grains

Ingredients

Popcorn Flavor	Toppings
Cinnamon & Sugar	2 teaspoons cinnamon 1 Tablespoon sugar
Mexican	2 teaspoons <i>CNP Mexican Seasoning</i> or taco seasoning
Sour Cream & Onion	2 Tablespoons buttermilk powder 2 teaspoons onion salt
Spicy	1 teaspoon chili powder ½ teaspoon garlic powder

Directions

For the following recipes, start with 10 cups of popped popcorn. Mix the toppings together and sprinkle on the popcorn. For corn popped in oil, the sprinkles will stick. For a healthier version, choose air popped popcorn and spray on a fat-free butter spray before adding the sprinkles.

Note

Caution: Popcorn can cause choking in children under 3 years of age.



Extension



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your Wind River Reservation CNP Educator at <https://uwyo.cnpp.org/wrir/>
1-877-219-4646 | <https://uwyo.cnpp.org/> | cnpp-info@uwyo.edu