

Seasoned Popcorn

Ingredients

- Popped popcorn*
- Nutritional Yeast
- Dill
- Garlic
- Olive oil spray

*Look for my recipes on how to pop popcorn on the SHS health page.

Directions

Spray popped popcorn* with an olive oil spray.

Sprinkle popcorn with nutritional yeast, dill and garlic powder to your taste.

Get creative and add your own seasoning combinations.

Did you know?

Nutritional yeast is an inactive yeast that contains protein and vitamin B12(a vitamin that can be lacking in vegans). It adds a cheesy flavor to foods and it can be found in the bulk section or by the yeast in grocery stores.

Set up an appointment with the Registered Dietitian at SHS 701-231-7331 or through the Student Health Portal

