

Popcorn With Personality



Totals for one bag:

Calories 100 Fat 1.5 Fiber 4 Carbs 24

What you'll need:

100-calorie pack of fat free popcorn
Cavender's Greek seasoning (or your favorite)
Butter flavor cooking spray

Microwave

Bowl – Big enough to toss popcorn without it spilling everywhere.

Let's get to cooking!

1. Pop your popcorn per package instructions.
2. Put popped corn in a bowl.
3. Spray popcorn with butter flavored cooking spray.
4. Toss the popcorn and spray again with cooking spray.
5. Sprinkle with Cavender's
6. EAT!

NOTE:

This is my go to food when watching movies with my husband, OR during football season when we watch the New Orleans Saints! GO SAINTS!!!! And Cavender's is my favorite seasoning but there are many you can use – even powdered barbecue seasoning or dry ranch dressing mix! Get creative – it's more fun to eat when it's different and delicious!

CONFESSION: (The Skinny)

I eat this almost every day...

Getting bored with plain popcorn inspired this **Kitty's Lighter Weigh** recipe!