

FUEL UP

Pass the Popcorn

What a fun snack – savory or sweet. It's whole grain goodness as a daytime snack or a movie-night must have!

ZEST-IFY

Add chili powder to olive oil and mix with popcorn.

SWEET

Toss popcorn with a drizzle of honey and a few dashes of cinnamon.

SPRITZ

Pour vinegar into a spray bottle. Spritz popcorn for a tangy flavor punch.

