



~2 spice jars



10 minutes prep

A circular inset image showing a close-up of popcorn in a light-colored bowl. The popcorn is coated with a yellowish-orange seasoning and some green herbs.

nutrient-dense popcorn seasoning

ingredients:

- 1/3 cup nettle powder
- 2/3 cup nutritional yeast
- 1 tablespoon rosemary
- 2 tablespoons sea salt

instructions:

1. Blend nettles, nutritional yeast and rosemary in a blender and sift through sieve if not already powdered. Add salt.
2. Stir well to incorporate. Transfer the blend to a labeled glass jar {I love saving leftover spice jars for this} to store in spice cabinet.
3. To make the popcorn: pop popcorn using your preferred method. While popcorn is popping, melt coconut oil or butter {or just use spray coconut oil, avocado oil or olive oil} to coat the popcorn and help the herbal seasoning to stick.
4. Put 1 cup of popcorn in a bowl, drizzle with 1 tbsp of oil or spray until well coated, and toss to distribute.
5. Next, sprinkle 1 teaspoon of your herbal popcorn seasoning blend over the popcorn and toss again to coat.
6. Taste and add more seasoning as needed. Enjoy!

the cuisine of health

- Nutritional yeast is high in B vitamins, protein and can support healthy digestion
- Nettles are known as "nature's multivitamin" and have lots of vitamin A, C, K and minerals potassium, sodium and magnesium.
- Sea salt is rich in trace minerals and is loaded with electrolytes.