

Betty's Low Calorie Flavored Popcorn Recipe--3 Flavors!



Uploaded on 7 Oct 2009

In this video, Betty demonstrates how to make 3 different low calorie popcorn recipes. The flavors are Cheese Popcorn, Garlic-Herb Popcorn, and Brown Sugar-Cinnamon Popcorn. These are perfect for munching on while you watch a movie or ballgame. Or, you can enjoy it as a comfort food when you want to curl up on the couch! You can also have this popcorn guilt-free, because it is very low in calories!

Ingredients (to make 1 bowl of each type of popcorn):

3 serving-sized bowls of popped popcorn, with unpopped kernels removed (For best results, use microwave popcorn, so you can keep track of calories per serving. Note: You will be able to find microwave popcorn that has only 15 calories per popped cup, if you check the nutrition information on the package. This is very low, but also very important in keeping this a low calorie snack. Just microwave the popcorn, according to package directions.)

butter-flavored spray (or any oil spray that is fat free and has 0 trans fats. I use Parkay spray.)

for Cheese Popcorn:

cheese flavored sprinkles, to taste (I find this with the herbs and spices at my grocery store.)

for Garlic-Herb Popcorn:

garlic herb seasoning blend (I find this with the herbs and spices at my grocery store. It is McCormick brand. If you cannot find this, use an Italian herb blend, or other herbs and spices of your choice.)

for Brown Sugar-Cinnamon Popcorn:

¼ cup brown sugar

ground cinnamon, to taste

To make one bowl of flavored popcorn, place popped popcorn in your serving bowl. Spray generously with fat-free butter-flavored spray.

For Cheese Popcorn, shake on cheese sprinkles, to taste. Stir to coat popcorn with butter-flavored spray and cheese.

For Garlic-Herb Popcorn, shake on garlic-herb seasoning blend, to taste. Stir to coat popcorn with butter-flavored spray and garlic-herb seasoning blend.

For Brown Sugar-Cinnamon Popcorn, mix ¼ cup of brown sugar with ground cinnamon, to taste. Sprinkle a fine sprinkling over the sprayed popcorn. (Don't use too much of this, because it *will* add calories to your popcorn!) Stir to coat popcorn with butter-flavored spray and brown sugar-cinnamon mixture.

If you used the method described here, you can have 6 cups of deliciously flavored popcorn for less than 100 calories! Enjoy!!! Happy movie! Happy ballgame! Happy comfort food