Air Popped Popcorn
Serving Size: ½ of recipe
Serves: 2

Ingredients
¼ cup popcorn
¼ teaspoon popcorn salt
Spray butter flavor

Directions
Add the popcorn to your air popper.

Position a large mixing bowl to catch the dispensed popcorn.

As the corn pops and begins to dispense into your bowl, rotate the bowl and sprinkle with the salt and lightly spray with the butter flavor.

When the corn finishes popping serve immediately.

Exchanges per serving:
1 Starch

Nutrients per serving:
Calories: 75
Calories from fat: 10
Total Fat: 1g
Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 256mg
Carbohydrate: 18g
Dietary Fiber: 5g
Protein: 3g