



RANCH PROTEIN POPCORN

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Air-popped Popcorn (About ¼ Cup Popcorn Kernels)	6 cups	Avocado Oil Spray or Olive Oil Spray	1-2 Tsp.
Unflavored Protein Powder or Collagen Peptides	2 Tbsps.	Garlic Powder	¼ Tsp.
Ranch Seasoning	1 Tbsp.	Onion Powder	¼ Tsp.
Nutritional Yeast (Optional, for a Cheesy Flavor)	1 Tbsp.	Salt and Black Pepper, to taste	

SERVING SIZE **3 CUPS**

PREPARATION

- Prepare popcorn using an air popper or stovetop method.
- Place warm popcorn into a large bowl.
- Lightly spray popcorn with avocado oil spray until lightly coated.
- Sprinkle protein powder, ranch seasoning, nutritional yeast, garlic powder, onion powder, salt, and pepper over the popcorn.
- Toss well until seasoning evenly coats the popcorn.