

Pumpkin Spice Popcorn Mix

I spend much of the last month of the year eating cookies and cheese and washing it down with copious amounts of wine. I tend to throw healthy eating out the window, but as soon as the holidays are over, I know I need to get back on track. On my first list of things to do that is healthy snacks.

One of my favorite healthy snacks is popcorn. Popcorn has kind of a bad reputation thanks to the movies (I hate movie popcorn) but when you make it at home, it can be healthy and nutritious, and you can add whatever you want, like this one. It has cranberries, orange zest, toasted almonds, and a seemingly unseasonal ingredient — Ava Jane's Kitchen Pumpkin Pie Spice. I know you though pumpkin spice season was over, but it doesn't have to be. You just have to stop eating pie. Well, not really.

You can make this one of two ways, depending on what you're looking for. I like to make popcorn on the stovetop, which means I need some oil, but that adds calories, but it helps seasonings stick. You can also just put some kernels in a paper bag in the microwave, pop it, and then add your other ingredients and shake. Easy, with no cleanup. Of course, if you have an air popper or other fancy popcorn machine, feel free to use that instead.

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Makes about 6 cups

Prep time: 10 minutes

Ingredients:

6 cups popped popcorn
2 teaspoons Ava Jane's Kitchen Pumpkin Pie Spice
1/2 cup dried cranberries
1/2 toasted sliced almonds
Zest of 1 orange

Directions:

Toss the popcorn with the rest of the ingredients, and enjoy!