

# Cinnamon-Spice Popcorn Recipe

\*Recipe adapted from [www.weightwatchers.com](http://www.weightwatchers.com)

- 🍏 4 cups plain air-popped popcorn
- 🍏 1 spray of cooking spray
- 🍏 3 tbsp. powdered sugar
- 🍏 1 tsp. cinnamon
- 🍏 4 tbsp. nutmeg
- 🍏 4 tbsp. allspice
- 🍏 4 tbsp. salt

Place the popcorn in a large bowl. Spray with cooking spray and toss well.

In a small bowl, blend together the spices. Sprinkle over the popcorn and toss until well coated.



**Cinnamon**