



# Recipes

Fitness Layne



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## *"Buttered" Popcorn*

### **Ingredients**

Air popped, or plain microwave popcorn  
(3 Tbsp. un-popped)  
4 Tbsp. Cap-Tri  
4 tsp. Butter buds

### **Directions**

Mix Butter buds in Cap-Tri  
& pour over popcorn.

### **Totals per serving**

Calories-586 kcal; protein-4 g; fat-1.5g;  
carbs-37 g; sodium-480mg; potassium-0mg