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## No More Naked Popcorn - Kernel Seasons

February 24, 2009 by [Diana](#)

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We are popcorn eaters, big time popcorn eaters. My son scarfs it down after school in order to stave off the hunger pangs. It's also because if he [snacks](#) enough he won't have to figure out [dinner](#), I'm sure. [Kernel Season's](#) slogan is no more naked popcorn. We had the opportunity to try out their popcorn seasonings and though we've seen these [seasonings](#) in the movie theaters before, this is the first time we had a chance to try it out. They have quite a few different flavors - nacho cheese, ranch, caramel, butter, kettle, and more. Kernel Seasons also has different types of popcorn, butter spray and popping oil. Popcorn is great healthy food, full of fiber and makes a great snack for everyone.



First, lets discuss the popcorn. I liked the microwave popcorn a lot. My son apparently did also, since I found the stash disappearing. I have a microwave popper that I used with the regular popcorn kernels. I didn't use any oil at all in the microwave popper, and it popped up light and fluffy. This is a great way to make fat free, almost calorie free popcorn. Then I used the popping oil to pop the corn on the stove. My husband liked this way the best. I'm not sure the kernels popped up as well this way. I thought the microwave popper, popped it better, but he liked the flavor of the oil.

We tried the different flavorings, you sprinkle it on top of your popcorn for a little flavor. My daughter snatched the [ranch](#) and took it to college with her, though it was also my husband's favorite. My son and I liked the nacho cheese best, but [unfortunately](#) he's been using it and it's been disappearing along with the microwave popcorn. The butter flavoring was good, so if you like it really buttery without the calories, this would be what you want. There are only 2 - count'em 2 calories per serving of popcorn seasoning. You can be really generous with the [popcorn flavorings](#) and it won't harm your waistline. The Ranch was almost like



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be really generous with the [popcorn flavorings](#) and it won't harm your waistline. The Ranch was almost like having ranch dip on your popcorn, while the kettle had a sweet and salty taste both at once. Check out all of the other flavorings and see which one you like best.

If you are going to do it with the kernels in a microwave popper without oil, it comes out a little dry, so Kernel Seasons has Butter Spritzer, to help it get the theater popcorn taste. The Spritzer is a blend of soybean, sunflower and [canola oils](#) without any trans fats, or calories and a natural butter flavor. The butter spritzer gives a butter flavor, makes it less dry and helps the seasoning to stick to the popcorn better.

So now in our household, our popcorn is not naked. It's full flavored popcorn - but not full fat - no fat and high fiber good for you popcorn.

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