

Mom Knows It All



Seriously,
I know **EVERYTHING** - just ask my hubby

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GIVEAWAYS



Votre Vu And Bruno Jamais Double Giveaway

I have a double giveaway today, thanks to the folks at KMR Communications! GIVEAWAY...

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WHAT I'M DOING...

@MomsNiteOut I haven't won yet and would love a vado in reply to MomsNiteOut

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Kernel Seasons Popcorn Seasonings

February 2, 2009 by valmg

1 Comment

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Tags: [cj](#), [gluten](#), [rb](#), [TJ](#)

Did you know?

- The National Cancer Institute (NCI), recommend people eat more popcorn as a way of increasing fiber in their fiber diet, thereby reducing the risk of some forms of cancer.
- The American Dental Association includes popcorn on its list of recommended sugar-free snacks.
- The American Diabetes Association and the American Dietetic Association permit popcorn as a bread

exchange on weight-control diets.

- The Feingold Diet for hyperactive children permits popcorn because it contains no artificial additives.

No wonder popcorn is such a popular snack. One of the very few things in life that all four members of my family agree on is popcorn. We all agree that we love it but we all like it made differently. TJ loves a lot of butter and no salt. RB likes a little butter and a tiny bit of salt. I like some butter and some salt. CJ is the easiest to please, because he likes it any way he can get it. Not only is "op-orn" one of the words he can say, it's also gluten free so it's one of the snacks he's allowed to eat. So you can probably understand why I was excited to be given the opportunity to review [Kernel Seasons](#).



For those of you unfamiliar, Kernel Seasons, headquartered in Elk Grove, Illinois, is the number one popcorn seasoning in the country. Back in 1999 a student at the University of Michigan named Brian Taylor was well known for creating homemade popcorn seasonings. In 2000 Brian got one Chicago movie theater to try his product. The results were so successful that in short time Kernel Seasons was available as a free shake on topping in more than 14,000 nationwide theaters.

Kernel Seasons popcorn seasonings contain no MSG and contains 56 percent less sodium than other popcorn seasonings. They're all natural blends and use real cheese. It's even certified Kosher cRc. There are fourteen different varieties of seasoning available - White Cheddar, Butter, Nacho Cheddar, Caramel, Ranch, Parmesan & Garlic, Apple Cinnamon, Barbeque, Cajun, Chocolate Marshmallow, Jalapeno, Salt, Sour Cream & Onion and Kettle Corn. Wow! Of the fourteen flavors, which range from 0-5 calories per serving, only two (the white cheddar and the jalapeno) aren't gluten free.

I received samples of all fourteen flavors of seasonings, as well as a pouch of popcorn, a can of butter popcorn spritz and a bottle of movie theatre butter popcorn topping and popping oil. I know! What a serious

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box of yum! Check it out.



Just looking at it all on the table made me hungry. Now before I continue, it's important you know that we've used microwave popcorn in our house for years. The last time we had fresh popped popcorn made on the stove was easily 25 years ago, before we had a microwave. I asked RB to pop it because he's patient about standing by the stove, and just so much better at these things than I am. I supervised.



I was surprised to discover that making the popcorn on the stove was almost as quick as microwaving it. All hubby did was put a little oil into the pan, followed by one kernel. When that kernel popped he knew the oil



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I was surprised to discover that making the popcorn on the stove was almost as quick as microwaving it. My hubby did was put a little oil into the pan, followed by one kernel. When that kernel popped he knew the oil was hot enough to pop the popcorn. I measured out one half cup of popcorn kernels and he put it into the pan. Every single kernel in that half cup of popcorn popped up big, light and fluffy and filled up the whole pan. I was amazed at how much popcorn came from such a little amount of kernels.

Next was the best part, the taste test. We all tried something different. TJ went immediately for the spritzer. This is what the spritzer looks like.



As it turns out, the spritz isn't just for butter flavor. It also helps the seasonings stay on the popcorn.



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I wanted to try the Parmesan & Garlic first. RB tried the Cajun. CJ just stuck his hand in everyone else's bowl and ate it all. Everyone enjoyed the fresh popcorn. I loved that we could all eat the popcorn how we wanted it. And making it ourselves would be a lot less expensive to buy popcorn in the bag rather than boxes of microwave popcorn. I enjoyed this so much that I'm contemplating getting a hot air popper.

There's a whole bunch of recipes on the Kernel Seasons site. That's how I learned that Kernel Seasons seasonings aren't just for popcorn. They can be used on all sorts of foods including rice, potatoes, vegetables, pasta, fish, fruit and snacks.



I recommend Kernel Seasons. The huge variety of seasonings ensure that there's something for everyone. Also a plus, you won't be eating the same thing over and over - you'll always be able to shake things up a bit. Kernel Seasons is available to purchase in more than 15,000 grocery stores across America including Wal-Mart, Blockbuster Video, Safeway and Food Lion. You can also purchase it, and other accessories, on their website at www.NoMoreNakedPopcorn.com. While you're on the site be sure to sign up for the Kernel's Club and you'll be notified of special discounts and new products.

Thanks again to Kernel Seasons for this wonderful and tasty opportunity!

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