

Kettle Corn

Yield: 4-6 Servings

Ingredients:

- $\frac{1}{4}$ cup vegetable oil
- $\frac{1}{2}$ cup popcorn kernels
- $\frac{1}{4}$ cup sugar, granulated
- 1 pinch salt, coarse
- $\frac{1}{4}$ cup Ocean Spray Professional Cranberry Seeds



Method of Preparation:

1. Heat oil in a large pot over medium heat until hot. Add 3 popcorn kernels and cover. When these pop, add the rest of the kernels and the sugar, and stir to coat.
2. Cover the pot and shake it frequently until the popping becomes much less frequent. The minute you hear that, take it off the heat so as not to burn.
3. Remove the lid and add cranberry seeds and salt. Continue to shake until evenly coated.
4. Turn the kettle corn out onto a parchment-lined tray for the sugar to dry.



Cranberry Seed Everything but the Bagel Seasoning

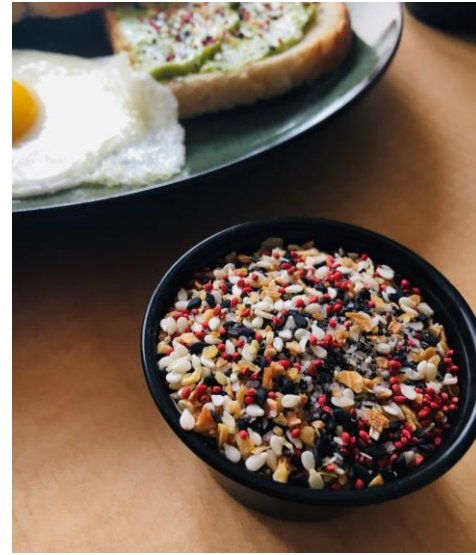
Yield: Approximately 1/2 Cup

Ingredients:

- 2 Tbsp. (13g) Ocean Spray Professional Cranberry Seeds
- 1 Tbsp. (7g) poppy seeds
- 1 Tbsp. (10g) white sesame seeds
- 1 Tbsp. (10g) black sesame seeds
- 1 Tbsp. (10g) dried minced garlic
- 1 Tbsp. (10g) dried minced onion
- 2 tsp. (11g) flaked sea salt

Method of Preparation:

1. In a small bowl, combine the Ocean Spray Cranberry Seeds, poppy seeds, sesame seeds, dried garlic, dried onion, and salt. Stir until well combined. Store in a sealed jar or container.



Superfood Yogurt Topper

Yield: 1-2 Servings

Ingredients:

- 1 Tbsp. (10g) ground flaxseed
- 1 Tbsp. (10g) chia seed
- 2 Tbsp. (11g) flaked coconut, sweetened
- 1 Tbsp. (7g) almonds, sliced or slivered
- 1½ Tbsp. (15g) Ocean Spray Cranberry Seeds



Method of Preparation:

1. Combine flax, chia, coconut, almonds, and Ocean Spray Cranberry Seeds and stir to combine
2. Sprinkle over your favorite yogurt or oatmeal

