

Popcorn Chocolate Bark

- 3 c bittersweet, good quality dark chocolate chips, melted in a bowl suspended over simmering water
- 1/3 c dried fruit (goji berries, cranberries or cherries)
- 1/2 c roughly chopped pecans
- 1/4 c each pumpkin and sunflower seeds
- 2 T each chia, hemp seeds
- 3 c high quality popcorn – such as Fit Sea Salt Popcorn from Popcorn Indiana

In a pan, over medium heat, heat the pecans, sunflower and pumpkin seeds for 3-4 minutes to give them a roasted flavour.

Cover a large baking pan with parchment paper, then spread 2/3 of the melted chocolate in a 1/4-inch thin layer. Scatter the seeds, nuts and fruit over the chocolate. Sprinkle with the popcorn, pressing down to embed popcorn into the warm chocolate. Drizzle the remainder of the chocolate over the popcorn. Add a dusting of sea salt if your popcorn is unsalted. Chill on the countertop, in the refrigerator or freezer until you can break or cut the bark easily into portions. Tastes great straight out of the freezer and it won't melt on your hands. Serve for dessert at a party and watch it disappear.

Jittery Cook