

# Chocolate 'pop' corn

SERVES 6 • PREP IN 10 MINS • COOK IN 6 MINS • VEGETARIAN • GLUTEN FREE

42p per serving

Serving this in individual cups will go down a storm with the kids and prevent chocolaty fingers.

- 2 tbsp sunflower oil
- 150g Island Sun popping corn
- 50g Green & Blacks dark chocolate
- 50g Green & Blacks white chocolate

1. Heat the oil in a large, deep non-stick pan that has a tight-fitting lid. Remove from the heat, add the corn, cover and shake the pan well then return to the heat.
2. Once you hear the corn begin to pop shake the pan occasionally.
3. When the popping sounds stop tip the popped corn out onto a large tray and it spread out.
4. Melt the dark chocolate and white chocolate in individual bowls in the microwave or over a pan of gently simmering water. Drizzle over the popcorn and allow to set.
5. To serve divide between 6 paper cups.



Each serving contains approx

ENERGY	HIGH	HIGH	MED	LOW
921kJ	Fat	Saturates	Sugars	Salt
220kcal	10.0g	3.4g	10.0g	Trace
11%	14%	17%	11%	<1%

of your Reference Intake  
Carbohydrates per serving: 28.0g