

HOLIDAY POPCORN BARS

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Gluten Free, Lower Sodium, Vegetarian

Serves: 6 (Serving= 1 bar)

Nutrition (per serving)

Calories: 180	Total Carbohydrate: 21
Total Fat: 11 g	Dietary Fiber: 3 g
Saturated Fat: 4.5 g	Protein: 1 g
Sodium: 37 mg	

Ingredients

- Cooking spray
- 6 cups light or air popped popcorn
- 1/4 cup chopped dried cranberries
- 3 Tablespoons chopped pistachios
- ½ cup 60% cacao dark chocolate chips
- 2 teaspoons holiday sprinkles

Directions

1. Spray 8 x 8" baking dish with cooking spray.
2. To a large bowl, add popcorn, dried cranberries and pistachios.
3. Add chocolate chips to a small bowl and microwave for 45-60 seconds at a time, stirring in between until melted, about 2 minutes.
4. Drizzle melted chocolate over popcorn. Gently fold popcorn into the chocolate drizzle using a rubber spatula until coated.
5. Pour popcorn into baking dish, pressing down with the spatula to flatten. Evenly distribute holiday sprinkles over the top.
6. Refrigerate for 4 hours or more before serving. Keep refrigerated to prevent melting.