



Chocolate Popcorn

10 servings, 1 cup each

2 quarts of popped popcorn
½ cup walnuts
½ cup pecans
½ cup natural cane sugar
¼ cup brown rice syrup
¼ cup natural cocoa powder
⅓ cup coconut oil
¼ teaspoon sea salt
1 teaspoon vanilla extract

Preheat oven to 250°. Line a large baking sheet with parchment paper. Mix popcorn and nuts together in large bowl. In saucepan, stir together sugar, syrup, cocoa powder, coconut oil and salt. Heat over medium-high heat until comes to a boil. Boil for 1½ minutes, stirring occasionally. Stir in vanilla, and pour over popcorn and coat well. Spread coated popcorn on prepared pan and bake for 30 minutes, stirring every 10 minutes. Cool to room temperature, break into small clumps and store in an airtight container.

Per Serving:

243 Calories
16 gm Total Fat
7 gm Saturated Fat
54 mg Sodium
3 gm Protein Carbohydrate
3 gm Fiber