

POP-SPLIT

Portions: 6 cups

Preparation: 5 minutes

QUANTITY	INGREDIENTS	PREPARATION
60 ml (¼ cup)	popcorn kernels	<ol style="list-style-type: none"> Mix ¼ cup kernels with ½ teaspoon oil and a pinch of salt. Pour into a brown paper bag, standing upright. Seal the opening by folding over the top of the bag and folding in the corners Microwave at maximum power for 1½ to 2 minutes. To avoid burning it, stop when the “pops” slow down and it takes 2 seconds before you hear another pop. After cooking, transfer the popcorn, freeze-dried fruit and chocolate chips to a bowl. Mix well.
2.5 ml (½ teaspoon)	oil	
1 pinch	salt (optional)	
1	brown paper bag	
1 package (28 g)	freeze-dried bananas and strawberries	
80 ml (⅓ cup)	dark chocolate chips	

