

朱古力爆谷棒

Popcorn bars

份量：20 粒

熱量：每粒 90 卡路里



黑朱古力（含 70%可可豆）	200 克，弄碎
卜卜米	50 克
咸味爆谷	40 克
小紅莓乾	50 克，切半
大粒棉花糖	50 克，一分為四

烹飪步驟：

1. 準備一個 20 厘米的正方形烤盤，鋪上兩層保鮮紙。
2. 黑朱古力放入碗中，碗下放一盤熱水座融朱古力。
3. 準備另一個碗，將卜卜米、爆谷、小紅莓乾和棉花糖放入拌勻。
4. 趁朱古力和暖時，迅速倒入卜卜米混合物中，以刮刀攪拌。盡量讓朱古力包住材料。
5. 倒入烤盤鋪平。封上保鮮紙，放入雪櫃雪 2 小時。
6. 取出，切成 20 粒享用。朱古力爆谷棒可於雪櫃保存一星期。

Popcorn bars

Serving : 20

Calorie: 90 per bar

Dark chocolate (70% cocoa solids)	200g, broken into pieces
Puffed rice cereal	50g
Salted popcorn	40g
Dried cranberries	50g, halved
Large marshmallows	50g, quartered

Procedures:

1. Line a 20cm square baking tin with two layers of cling film.
2. Melt the chocolate in a heatproof bowl over a pan of barely simmering water, making sure the bottom of the bowl is not touching the water.
3. Meanwhile, put the cereal, popcorn, cranberries and marshmallows into a bowl and mix well.
4. While the chocolate is still warm, and working quickly, pour it onto the cereal mixture and stir with a rubber spatula until everything is coated.
5. Transfer the mixture to the lined baking tin and press down well. Cover with cling film and place in the fridge to set for a minimum of 2 hours.
6. Turn out onto a board and cut into 20 squares, to enjoy when you get a sweet craving. The bars will keep for up to a week in the fridge.