Chocolate almond popcorn squares

INGREDIENTS:

6 cups popcorn, popped and cooled (no salt or flavors added)

6 tablespoons slivered almonds

1/2 teaspoon cinnamon

8 dried apricots, minced

1/4 cup honey

2 tablespoons maple syrup

6 tablespoons almond butter

1/4 cup chocolate chips

PREPARATION:

In a large mixing bowl, combine popcorn with the slivered almonds, cinnamon and apricots. Set aside.

In a small saucepan, heat the honey and maple syrup over medium heat until mixture bubbles. Stir in the almond butter. After the almond butter melts, the mixture will look smooth and slightly frothy. Cook for about another 30 seconds, continuing to stir.

Pour syrup over popcorn mixture and mix gently with a wooden spoon. Stir in chocolate chips. Pour mixture into square pan and flatten firmly with spatula.

Cool in refrigerator at least 30 minutes. Cut into squares to serve.

NUTRITIONAL INFO:

**Calories 290.8;** Fat 16.6 g; Sat Fat 2.548 g; Mono Fat 9.86 g; Poly Fat 3.345 g; **Protein 5.948 g;** **Carb35.1 g;** Fiber 3.595 g; **Cholesterol 0 mg;** **Sodium 77.6 mg;** Calcium 75.7 mg; Potassium 311.8 mg;Vitamin E 6.657 mg;

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