



Fudgy Fruit

Chocolate covered fruit is a great after-dinner treat!

Makes 4 servings. *½ banana, 2 strawberries per serving.*

Prep time: 15 minutes **Cook time:** 30 seconds

Ingredients

- | | |
|---|--------------------------------|
| 2 tablespoons semi-sweet chocolate chips | 8 large strawberries |
| 2 large bananas, peeled and cut into quarters | ¼ cup chopped unsalted peanuts |

Preparation

1. Place chocolate chips in a small microwave safe bowl. Heat on high for 10 seconds and stir. Repeat until chocolate is melted, about 30 seconds.
2. Place fruit on a small tray covered with a piece of waxed paper. Use a spoon to drizzle the melted chocolate on top of the fruit.
3. Sprinkle the fruit with chopped nuts.
4. Cover the fruit and place in the refrigerator for 10 minutes or until the chocolate hardens. Serve chilled.

Nutrition information per serving: Calories 151, Carbohydrate 24 g, Dietary Fiber 4 g, Protein 3 g, Total Fat 6 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 2 mg