

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

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
- 2 large bananas, peeled and cut into quarters

8 large strawberries1/4 cup chopped unsalted peanuts

Preparation

- 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.
- 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.