

Chocolate-Dipped Fruit

Ingredients

3 oz. dark (70% cocoa) chocolate
8 large strawberries
16 large seedless green grapes
1 large banana, cut into 8 pieces
Strong toothpicks

Directions

Line baking sheet with baking parchment or wax paper, set aside.



Break up chocolate. Place in small microwaveable bowl and heat for 1 minute on high. Stir, then microwave in 10 second bursts on medium until small pieces remain. Stir until chocolate is completely melted.

Pat fruit with paper towels to dry. Hold each strawberry by its hull and dip halfway into melted chocolate; lift out with twisting motion. Shake berry over bowl for 10 seconds to let excess chocolate drip off, then place on prepared baking sheet. Repeat for all berries.

Insert toothpick into stem end of each grape and in center of each banana slice. Dip each fruit piece, twist and let excess chocolate drip off. Lay each piece on baking sheet

Refrigerate until chocolate hardens, 30 minutes. Makes 4 servings

Nutrition Facts

Calories: 170 | Fat: 7g | Saturated fat: 4g |
Carbs: 27g | Protein: 2g | Fiber: 4g