

Fruit and Dark Chocolate

Makes 6- 2oz servings

Ingredients:

2 oz of bittersweet dark chocolate (chopped)

10 oz of any type of fruit (dried or fresh), we will be using Fresh strawberries and bananas and dried mango and apricot

Directions:

In a small saucepan, bring 3 cups of water to a simmer. Break the chocolate into pieces, place the chocolate pieces in a metal bowl that will fit on top of the simmering water in the saucepan to form a double boiler.

When the chocolate is melted, dip each piece of fruit half way into the chocolate, remove and place on a sheet pan lined with parchment paper. Place chocolate dipped fruit into the refrigerator until the chocolate is set.

Nutrition info: 237 calories, 3.2 g fat, 0.4 g protein and 3 g fiber

