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Fudgy Fruit

Ready In: 15 minutes

Serves: 4

A great way to get the whole family involved by decorating fruit with chocolate and nuts!

Ingredients

- » 2 tablespoons Chocolate Chips *semi-sweet*
- » 2 Bananas *peeled and cut into quarters*
- » 8 Strawberries
- » $\frac{1}{4}$ cup Peanuts *unsalted and chopped*



Photo attribution: Caeli Willard

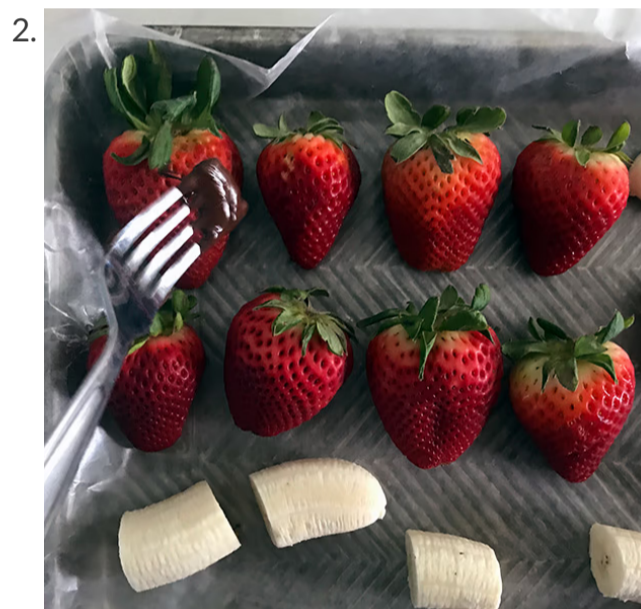
What you'll need

- » Spatula or spoon
- » Small tray
- » Waxed paper
- » Sharp knife

Directions



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.



Sprinkle the fruit with chopped nuts or coconut. Cover and place in fridge for a few minutes until chocolate is set. Serve Chilled.

Chef's Tips

Another type of nuts or crushed low-fat granola can be substituted for the peanuts.

Nutrition Facts	
Serving Size 4.00 piece	
Serving Per Container 4	
Amount Per Serving	
Calories 112	
	% Daily Value*
Total Fat 2 g	3%
Saturated Fat 1 g	5%
Sodium 2.5 mg	0%
Total Carbohydrate 25 g	9%
Dietary Fiber 4.7 g	17%
Protein 1.6 g	

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: