Fruit‘N’Chocolate Dippers

Makes 4 Servings  Estimated Cost per Serving: $ 1.80

4oz Dark Chocolate pieces, broken up
2 medium Bananas, ¼” slices
½ cup Raspberries, fresh or frozen
¼ cup Walnut pieces

1. Place chocolate pieces in microwave safe bowl. Place bowl in microwave on top of a microwave safe plate. **
2. Microwave on high for 30 seconds, stir, repeat until chocolate is glossy then stir vigorously until all chocolate is melted and smooth.
3. Place parchment paper (or wax paper) on top of a baking sheet and spread out banana slices evenly on top of the paper. Place one raspberry on top of each banana slice and spoon melted chocolate on top of the banana/raspberry combination. Top with walnut pieces.
4. Wait 15 minutes for chocolate to harden (place in refrigerator for faster hardening!).
5. Enjoy!

**Chocolate burns easily. Microwaves cook from the outside in; the extra plate under the bowl will reduce the amount of heat the chocolate receives, making it less likely to burn.

NUTRITION INFORMATION (PER SERVING):

<p>| | | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Calories</td>
<td>255</td>
<td>Total Fat</td>
<td>13g</td>
<td>Saturated Fat</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>32g</td>
<td>Protein</td>
<td>3g</td>
<td>Sodium</td>
</tr>
<tr>
<td>Fiber</td>
<td>5.3g</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* There are trace amounts of sodium in this recipe

FOOD FOR THOUGHT:

Dark Chocolate contains a specific group of antioxidants known as flavonoids. Flavonoids help lower blood cholesterol and blood pressure, and reduce the risk of blood clots by preventing cholesterol from building up in the blood vessels. Some doctors recommend the consumption of 1.6 ounces of dark chocolate each day in order to maintain a healthy heart!

Caution: Chocolate is high in fat and calories. If eaten daily, stick to the 1.6 oz or less; more is not better! And remember, the key to a truly healthy heart is to always balance a healthy diet with daily exercise!

Recipe provided by Maria Roberts, student intern 1/08
Questions or Comments call Rebecca Gruenes, MS, RD, LD Minnesota State University Mankato Nutrition Health Educator, 507-389-5689, rebecca.gruenes@mnsu.edu