

## 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):

Total Calories: 255    Total Fat: 13g    Saturated Fat: 5g    Protein: 3g  
Carbohydrate: 32g    Fiber: 5.3g    Sodium: 0mg\*

\* 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  
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