Fudgy Fruit

Celebrate Valentine's Day this year with this easy, healthy dessert recipe.

- 6 Tbsp. semi-sweet chocolate chips
- 2 large bananas, peeled and quartered
- 8 large strawberries
- ¼ cup unsalted peanuts, chopped

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. Cover the fruit and place in the refrigerator for 10 minutes or until the chocolate hardens. Serve chilled.

Makes: 4 servings

Nutritional Information (per serving)

Total Calories	151
Total Fat	10 g
Protein	3 g
Carbohydrates	24 g
Dietary Fiber	4 g
Saturated Fat	2 g
Sodium	2 g

*Percent Daily Values are based on a 2,000 calorie diet.

Source: USDA