



March 21- Fudgy Fruit

Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/fudgy-fruit>

Recipe

Ingredients:

- 2 Tablespoons chocolate chips
- 2 bananas
- 8 strawberries
- ¼ cup peanuts

Directions:

1. 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.
2. 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.
3. Sprinkle the fruit with chopped nuts.
4. Cover the fruit and place in the refrigerator for 10 minutes or until the chocolate hardens. Serve chilled.

Yield 4 servings

Nutrition Facts

Serving Size 1/4 recipe (102.41g)
Servings Per Container 4

Amount Per Serving

Calories 190 **Calories from Fat** 80

% Daily Value*

Total Fat 9g **14%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 21g **7%**

Dietary Fiber 3g **13%**

Sugars 12g

Protein 5g **10%**

Vitamin A 0% • Vitamin C 30%

Calcium 0% • Iron 6%

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