



## 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.