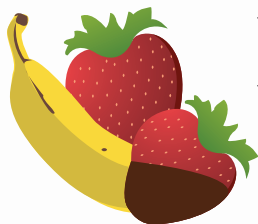


Fruit



Ferocious Fruit and Chocolate Fondue

A tasty
dessert for
friends!



Ingredients:

8 fresh strawberries
2 bananas
1/2 cup chocolate syrup

Nutrition:

Recipe makes 4 servings
Each serving counts as 1 fruit

Safety:

Keep your fingers curled under while using the knife to avoid cutting your fingers.

Directions:

1. Wash strawberries and peel bananas.
2. Remove green tops and cut strawberries into bite-sized pieces.
3. Cut banana into bite-sized pieces.
4. Place fruit on serving plate.
5. Measure 1/2 cup syrup into serving bowl.
6. Dip fruit in chocolate and enjoy!

Recipe approved by the Children's Nutrition Research Center at Baylor College of Medicine

from the kitchen of
Playnormous

