

Playnormous Healthy Recipes

Ferocious Fruit and Chocolate Fondue

Ingredients:

- 8 strawberries
- 2 bananas
- ½ cup chocolate syrup

Directions:

1. At the sink, wash the eight strawberries in the colander under cold, running water.
2. Place the strawberries in a mixing bowl.
3. Dry your hands on a clean towel.
4. Peel the bananas.
5. On a cutting board, use the knife to cut the banana into coin-shaped pieces.
6. On a cutting board, cut the stems off the strawberries and then cut them in half.
7. Place the strawberry and banana pieces on a serving plate.
8. Measure ½ cup chocolate syrup in a 1 cup liquid measuring cup.
9. Pour the chocolate syrup into a serving bowl.
10. Dip the fruit in the chocolate sauce and enjoy.

Nutrition:

- This 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.

Substitutions:

- Use any type of fruit that would be good with chocolate sauce.

Source: Children's Nutrition Research Center at Baylor College of Medicine

