

## Fruit 'N' Chocolate Dippers

### 4 Servings

#### *What you need:*

4oz Dark Chocolate pieces, broken up

2 medium Bananas, ¼" slices

½ cup Raspberries, fresh or frozen

¼ cup Walnut pieces



#### *All you do:*

1. Place chocolate pieces in microwave safe bowl. Place bowl in microwave on top of a microwave safe plate. \*
2. Microwave on high for 30 seconds, stir, repeat until chocolate is glossy then stir vigorously until all chocolate is melted and smooth.
3. Place parchment paper (or wax paper) on top of a baking sheet and spread out banana slices evenly on top of the paper. Place one raspberry on top of each banana slice and spoon melted chocolate on top of the banana/raspberry combination. Top with walnut pieces.
4. Wait 15 minutes for chocolate to harden (place in refrigerator for faster hardening!).
5. Enjoy!

\*Chocolate burns easily. Microwaves cook from the outside in; the extra plate under the bowl will reduce the amount of heat the chocolate receives, making it less likely to burn.

Nutrition Information (per serving): Total Calories: 255 Total Fat: 13g Saturated Fat: 5g Protein: 3g Carbohydrate: 32g Fiber: 5.3g