

# Fudgy Fruit

**Makes:** 4 servings

Fruit, nuts, and chocolate. Do we need we to say more?

## Ingredients

- 6 teaspoons** chocolate chips (semi-sweet)
- 2** banana (large, peeled and cut into quarters)
- 8** strawberries (large)
- 1/4 cup** peanuts (chopped, unsalted)

## 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.

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### Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>151</b>
<b>Total Fat</b>	<b>6 g</b>
Saturated Fat	2 g
Cholesterol	0 mg
<b>Sodium</b>	<b>2 mg</b>
<b>Total Carbohydrate</b>	<b>24 g</b>
Dietary Fiber	4 g
Total Sugars	13 g
Added Sugars included	3 g
<b>Protein</b>	<b>3 g</b>
Vitamin D	0 IU
Calcium	16 mg
Iron	1 mg
Potassium	378 mg
N/A - data is not available	
<b>MyPlate Food Groups</b>	
Fruits	3/4 cup
Protein Foods	1/2 ounce