



Chocolate Dipped Fruit & Nut Clusters

Servings: 2

- 3 Tbsp chocolate chips
- 4 strawberries, washed and patted dry
- 1 Tbsp raisins, or dried fruit of choice
- 2 Tbsp peanuts, or nuts of choice

Method

1. Place chocolate chips into a glass container and melt in the microwave until a smooth consistency. This works best in short (30 second) bursts on high. Stir frequently to avoid burning the chocolate.
2. Hold each strawberry by its leaves and dip into the melted chocolate. Place onto a plate covered with wax paper.
3. Mix the raisins and peanuts into the remaining melted chocolate and scoop out into four mounds onto the plate. Place the plate in the refrigerator until the chocolate sets.

Nutrition Information (per serving)

169 calories (51.7% calories from fat), 11 grams total fat, (3.5 grams sat. fat), 3 grams protein, 19 grams carbohydrate, 0.0 grams dietary fiber, 0 mg cholesterol, 5 mg sodium, 16 mg calcium