



Fudgy Fruit

Adapted from *EatFresh.org*



Ingredients



- 2 tablespoons Chocolate Chips semi-sweet
- 2 Bananas *peeled and cut into quarters*
- 8 Strawberries
- 1/4 cup Peanuts *unsalted and chopped*



Directions



Yield: 4 servings **Serving size:** 4 pieces

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 or coconut. Cover and place in fridge for a few minutes until chocolate is set. Serve Chilled.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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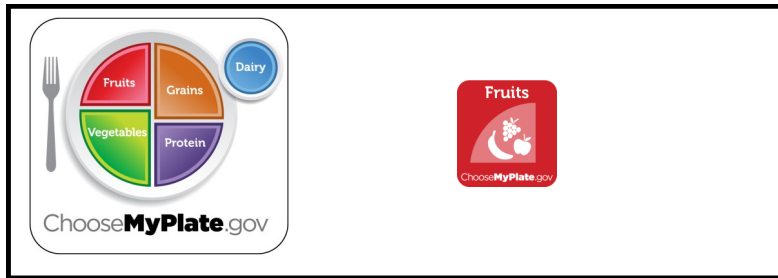
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Fast Facts



Featured Food Groups



Cooking Tips

- Another type of nuts or crushed low-fat granola can be substituted for the peanuts.
- Blueberries, apples, or other firm fruit work well also. Be creative!

Second Harvest is an equal opportunity provider.

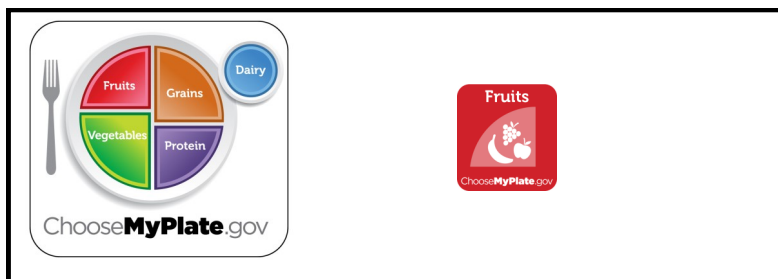
Nutrition Facts	
Serving Size 4.00 piece	
Serving Per Container 4	
Amount Per Serving	
Calories 112	
	% Daily Value*
Total Fat 2 g	3%
Saturated Fat 1 g	5%
Sodium 2.5 mg	0%
Total Carbohydrate 25 g	9%
Dietary Fiber 4.7 g	17%
Protein 1.6 g	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	



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