



Dark Chocolate Covered Fruit

Instructions:

- If using fresh fruit, rinse (dry completely) or peel, cut if necessary. If using fresh berries, do not cut.
- If using a chocolate bar, break the bar into small pieces. Place the chocolate pieces in a heat proof bowl. The bowl should be large enough to set completely on top of the saucepan without touching the water. Set aside.
- Line a sheet pan with parchment paper and set aside.
- In a medium saucepan, pour 1 to 2 cups of water and bring to a boil. Remove the water from the heat once it has boiled.
- Place the bowl of chocolate pieces over the saucepan of hot water. Do not let the bottom of the bowl touch the water.
- Stir the chocolate until it melts completely, about 3 – 5 minutes.
- Once the chocolate has melted and is smooth, dip the fruit in the chocolate (hold strawberries by the stem or use a spoon or toothpick for dried fruit or small berries). Shake off excess chocolate and place dipped fruit on parchment paper. Keep fruit at least 1 inch apart. Let the chocolate set/harden, about 30 minutes.
- Serve immediately or refrigerate in an airtight container for up to 3 days. Freeze for up to 2 months. Enjoy!
- **Nutrition Facts:** Per 4 strawberries, 237 calories, 13 g fat, 17 mg sodium, 3 mg cholesterol, 32 g carbs, 3 gm fiber, 18 gm sugar, 3 gm protein.
- **Health Benefits:**
- Berries – Rich source of potassium, vitamin C, magnesium, fiber, vitamin K. Provides prebiotics for a healthy gut. Reduces risk of chronic diseases. Low in sugar.
- Dark Chocolate – rich in antioxidants, minerals and reduces risk of heart disease.

Ingredients:

- **16 ounces or 1 pound of fresh or dried fruit.**
- **12 ounces of dark chocolate bar or chips, 55% or higher**
- **1 to 2 cups water**
- **Makes 6 servings**
- **Options: Dried fruit, fresh fruit**

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