



Dark Chocolate Dipped Fruit with Hazelnuts

MyPlate2Yours - Lynn Dugan

Ingredients

3/4 cup dark chocolate chips
8 slices fresh kiwi
8 chunks fresh banana
1/3 cup finely chopped hazelnuts (or almonds, peanuts, pecans)

Directions

Slice fruit and place on parchment lined pan. Put in freezer for 15 minutes to firm the fruit. Melt chocolate in double boiler or in microwave. Dip fruit into melted chocolate, sprinkle with nuts and place on parchment-lined pan. Refrigerate about 30 minutes, until chocolate and nuts are set and fruit remains chilled.