



Chocolate-covered Fruit

A fun and versatile recipe the kids can get involved in. We use strawberries in this recipe but you can use all different types of fruit, from mango, pineapple, banana, grapes, whatever is in season or your personal favourite. You could also make fruit kebabs which are great for parties - just alternate chocolate dipped pieces with other fruit and put them on a stick.

Special equipment

- Wax paper or parchment
- Baking tray
- Heat proof glass bowl and saucepan

Serves - 10

Prep time - 10 mins

Cooking time – 10 mins

Ingredients

0.5kg of fresh fruit, (We've calculated 3 fruits – banana, apple and strawberry):

- 50g banana = **10g carb**
- 85g apple = **10g carb**
- 80g strawberries = **5g carb**
- 12 oz/340g of dark chocolate (at least 60% cocoa solids) – **105g carb**

The way we would carb count this is to take each fruit option as one portion per person – so 50g banana is for one person, but chop it into 10 pieces. This can then be dipped into the chocolate, therefore 10 dips is approximately 10g chocolate too. Therefore each serving of the chocolate-covered banana would be 20g of carb.





Apple and chocolate = 20g carb

Strawberries and chocolate = 15g carb

Method

Note- Steps in blue, kids can do!

Step 1

Wash and dry the strawberries. Ensure the strawberries are completely air dried or patted down with paper otherwise the chocolate will not stick.

Step 2

Melt the dark chocolate. Break up the chocolate into a heat proof glass bowl. Set a saucepan with an inch or two of water and simmer over a medium to high heat. Once the water is simmering place the glass bowl with chocolate over the saucepan and stir occasionally until the chocolate has completely melted. Then remove the chocolate from the heat. Alternatively you can transfer the broken up chocolate into a bowl and microwave on high for 10-20 seconds, just ensure it has all melted.

Step 3

Prepare your workspace. Place the bowl of melted chocolate in front of you under a towel. Then put the dried strawberries to the left of the bowl and to the right of the bowl place the baking tray lined with the wax paper.

Step 4

Dip the strawberries. Working with one strawberry at a time, grasp the strawberry by the stalk and dip it into the chocolate about three quarters of the way up. Turn and swirl each strawberry so they are completely covered. Then





lift and gently shake off any excess chocolate into the bowl. Finally transfer each strawberry on its side onto the baking sheet.

Step 5

You can either serve them whilst they are still warm, which is messy but delicious or you can transfer the tray of strawberries to the fridge for around an hour and then serve.

