



Holiday Recipes From The AICR Test Kitchen



Chocolate-Dipped Fruit

Ingredients:

3 ounces dark (70 percent cocoa) chocolate
8 large strawberries
16 large seedless green grapes
1 large banana, cut into 8 pieces
Strong toothpicks



Instructions:

Line baking sheet with baking parchment or wax paper. Set aside.

Break up chocolate. Place in small microwaveable bowl and heat for 1 minute on high. Stir, then microwave in 10 second bursts on medium until small pieces remain. Stir until chocolate is completely melted.

Pat fruit with paper towels to dry. Hold each strawberry by its hull and dip halfway into melted chocolate; lift out with twisting motion. Shake berry over bowl for 10 seconds to let excess chocolate drip off, then place on prepared baking sheet. Repeat for all berries.

Insert toothpick into stem end of each grape and in center of each banana slice. Dip each fruit piece, twist and let excess chocolate drip off. Lay each piece on baking sheet

Refrigerator until chocolate hardens, 30 minutes.

Nutritional Information:

Makes 4 servings. Per serving: 170 calories, 7 g total fat (4 g saturated fat), 27 g carbohydrate, 2 g protein, 4 g dietary fiber, 0 mg sodium.

Did you know?

- Strawberries are a good source of vitamin C and they are rich in ellagic acid—a phytochemical that can slow cancer cell reproduction.
- Grapes are a rich source of resveratrol—a powerful antioxidant that also has anti-inflammatory properties.
- Dark chocolate is just about everyone's favorite source of antioxidants called flavonoids! Flavonoids have been shown to help slow damage to blood vessels by oxidized LDL cholesterol. Keep amounts small however to reap the benefit without the risk of unhealthy weight gain.

