

Fresh for Kids®

Fresh fruit with chocolate dip



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Preparation: about 15 mins Cooking: about 5 mins

Serves: 4

Ingredients:

Chocolate dip:

2/3 cup evaporated milk

150g milk or dark chocolate, broken into small squares

250g large strawberries, hulled

2 small ripe pears, quartered lengthways, cored and cut into wedges

2 ripe kiwifruit, peeled and quartered lengthways

2 Navel oranges, peeled and cut into wedges

Method:

1. To make chocolate dip, heat evaporated milk in a small saucepan over low heat until simmering. Remove from heat and add chocolate. Stir until smooth. Pour warm chocolate into small serving bowls for dipping.
2. Arrange fruit on serving plates. Serve with chocolate dip.

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Strawberries:

- A great source of vitamin C. One of the functions of vitamin C is to help the body defend itself against infections.
- They are a good source of dietary fibre. Fibre helps prevent constipation.
- Antioxidant content is higher in ripe strawberries. Antioxidants help protect many body tissues, including blood vessels.