

Fresh for Kids®

Fruit with choc-hazelnut dip



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Preparation about 15 minutes

Cooking about 5 minutes

Serves 4

1/4 small seedless watermelon

1/2 rockmelon, seeds removed

250g seedless grapes, stems removed

Choc-hazelnut dip

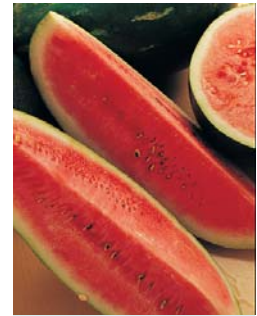
1/2 cup chocolate hazelnut spread (like Nutella)

1/2 cup creamy evaporated milk

1. Using a melon baller, scoop balls from the watermelon and rockmelon. Arrange melon balls and grapes on serving plates.
2. To make choc-hazelnut dip, combine hazelnut spread and evaporated milk in a small saucepan. Heat over medium-low heat, stirring constantly, for 4–5 minutes until smooth and warm. Spoon dip into small bowls (suitable for dipping) and serve with fruit.

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Watermelon

- A good source of vitamin C, the vitamin that helps the body's defence against infection.
- Provides beta carotene (converted to vitamin A in the body) with the deepest red-fleshed melons having the highest levels.

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