



STRAWBERRIES DIPPED IN CHOCOLATE

2 ounces High quality dark chocolate
12 Strawberries

- Microwave chocolate in a small bowl on Medium for 1 minute.
- Stir, and then continue microwaving on Medium in 20-second intervals until melted, stirring after each interval.
- Or place in the top of a double boiler over hot, but not boiling, water. Stir until melted.
- Dip strawberries in the melted chocolate.

Per serving : 133 Calories; 4 g Fat; 2 g Sat; 0 g Mono; 0 mg Cholesterol; 10 g Carbohydrates; 1 g Protein; 2 g Fiber; 0 mg Sodium; 37 mg Potassium

From EatingWell: Spring 2004, The EatingWell Healthy in a Hurry Cookbook (2006), The EatingWell Diabetes Cookbook (2005)