Chocolate Fondue with Fresh Fruit

Yields: 1 serving, 1 cup

Nutritional Information (per serving): Calories 165, Total Carbohydrate 30g, Protein 1g, Total Fat 5g

Ingredients:
- 3 ounces of semisweet chocolate bits
- 2 tablespoons of nonfat evaporated milk
- 1 tsp vanilla
- 1/4 tsp cinnamon
- Cut-up fresh fruit: apples, pears, strawberries, bananas, oranges, pineapples

Directions:
1. Melt all ingredients, except fruit, in fondue dish.
2. Dip fruit into chocolate.
3. Go easy on the chocolate!

Recipe Source:
https://www.lvhn.org/wellness_resources/recipes/healthy_desserts/chocolate_fondue_with_fresh_fruit