Chocolate Dipped Fruit  
Makes 4 (½ banana and 2 strawberries) servings  

Ingredients:  
2 tablespoons semi-sweet chocolate chips  
2 large bananas, peeled and cut into quarters  
8 large strawberries  
¼ cup chopped, unsalted peanuts (optional)  

Directions:  
1. Place chocolate chips in a small microwave-safe bowl.  
2. Heat on high for 10 seconds and stir. Repeat until chocolate is melted.  
3. Place a piece of wax paper or aluminum foil on a plate and put the cut fruit on top. Use a spoon to drizzle the melted chocolate over the fruit.  
4. Sprinkle the fruit with chopped nuts (optional).  
5. Loosely cover the fruit and place in the refrigerator for 10 minutes or until the chocolate hardens.

Source: Healthy Cents curriculum by the University of Maryland