



Chocolate Covered Fruit Kabobs

Ingredients:

2 large bananas, sliced thick
1 pound sliced strawberries, sliced thick
6 oz. blueberries
½ cup of semi-sweet chocolate chips
½ tsp coconut oil
¼ cup of unsweetened shredded coconut
6 skewers

Instructions:

1. First, wash all fruit, and slice strawberries and bananas.
2. Line a dish or baking sheet with parchment paper for easy clean up
3. Place chocolate chips in a small bowl and microwave in increments of 20 seconds, stirring each time. Once melted, stir in coconut oil and set aside
4. Thread fruit onto skewers leaving a couple inches open at the bottom. Start by placing a blueberry followed by a banana slice, strawberry slice, blueberry, and raspberry, repeating 3 times ending with a blueberry
5. Place skewers on line baking sheet.
6. Using a fork, drizzle skewers with desired amount of melted chocolate. Sprinkle with desired amount of coconut.

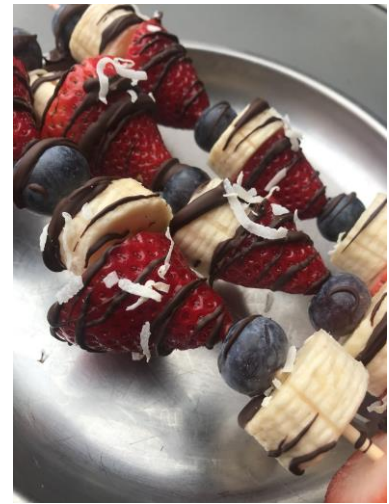
Prep Time: 10 minutes

Cooking Time: 10 minutes

Equipment: Baking sheet, Skewers

Servings: 3

Serving Size: 2 skewers



Nutrition Facts: 202Calories, 9 g Fat, 1g Saturated Fat, 59g Carbohydrates, 5g Protein, 9g Fiber, 38g Sugar, 6mg Sodium.

Check out our blog at www.cookingoncampus.arizona.edu to find past recipes and a list of upcoming classes!
For more info about nutrition and what to eat on campus, go to www.health.arizona.edu, click Health Promotion, then Nutrition.

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