

# Chocolate Fondue

Chef *Andy* of Ru's Pierogi

RECIPE MAKES: 6 SERVINGS

## INGREDIENTS

- ♥ 2 oz. 70% dark chocolate
- ♥ ¼ cup 1% skim milk
- ♥ 1 tsp. vanilla extract
- ♥ Fruit to dip

1 serving = 1 ½ Tbsp. = 21grams

## NUTRITION INFO

Nutrition Facts	
servings per container	
<b>Serving size</b>	<b>(21g)</b>
Amount per serving	
<b>Calories</b>	<b>50</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 3.5g	<b>4%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 85mg	<b>4%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	
<b>Vitamin D</b> 0mcg	<b>0%</b>
<b>Calcium</b> 13mg	<b>2%</b>
<b>Iron</b> 0mg	<b>0%</b>
<b>Potassium</b> 1mg	<b>0%</b>
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

## PREPARATION

1. We'll start with the microwave instructions first - put everything in a microwave-safe bowl, and heat for 30 seconds. Remove and stir until smooth and glossy. Add additional milk as desired. If the mixture is still a little hard, keep microwaving in 10 second increments (stirring in between), until there are no lumps
2. If you are doing this on the stove - heat milk in a small saucepan on low heat until totally smooth and warmed throughout. Add in remaining ingredients
3. Stir frequently until the chocolate melts completely, and the mixture becomes smooth and glossy. If it's too thick for your taste, add in a bit more milk.
4. Remove from the heat and enjoy with fresh fruit

Healthy Options.

