



Fresh fruit with chocolate dip



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Preparation 20 mins | Cooking 5 mins | Serves 4

- 1/3 cup evaporated milk
- 150g milk or dark chocolate, broken into small squares
- 250g large strawberries, hulled
- 2 ripe pears, quartered lengthways, cored and cut into wedges
- 2 ripe kiwifruit, peeled and quartered lengthways
- 2 oranges, peeled and cut into wedges

STEP 1 To make chocolate dip, heat evaporated milk in a small saucepan over low heat until simmering. Add chocolate and stir until smooth. Pour warm chocolate into small serving bowls for dipping.

STEP 2 Arrange fruit on serving plates. Serve with chocolate dip.

Good for you... **STRAWBERRIES**

A great source of vitamin C. One of the functions of vitamin C is to assist in the formation of cartilage and bones.



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