

Chocolate-dipped cherries



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Preparation: about 30 minutes
Cooking: about 10 minutes
Makes: 40

These delicious sweet treats are perfect to serve after a casual dinner or any summer celebration. You'll need about 600g cherries.

150g white chocolate, broken into squares
150g dark chocolate, broken into squares
40 plum cherries

1. Line a large baking tray with non-stick baking paper. Place white chocolate into a medium heatproof bowl. Melt over a saucepan of simmering water, stirring occasionally, until smooth. Repeat process, melting the dark chocolate in another bowl.
2. Working quickly, dip base of the cherries into the white or dark chocolate and place on baking tray. Set aside until chocolate is set and serve.

These choc-dipped cherries can be made a few hours in advance and kept chilled in the fridge until serving.



Cherries

- A source of vitamin C. This vitamin helps the body defend itself against infections.
- The carbohydrate found in cherries has a low glycaemic index (GI), which means it is slowly absorbed and will provide long lasting energy.
- Cherries contain some valuable antioxidants with the highest quantities found in fruit with darker-coloured flesh.