

Recipe

Dark chocolate fondue

PREP TIME: 10 minutes

TOTAL TIME: 20 minutes

YIELD: 6 servings of 1/4 cup chocolate sauce with fruit

Ingredients

- 1 can (12 ounces) fat-free evaporated milk
- 1 tablespoon cornstarch
- 1/2 cup unsweetened cocoa powder
- 1/2 cup sugar
- 1/2 teaspoon vanilla extract
- 1/8 teaspoon Kosher salt
- Fresh fruit cut into bite-size pieces



Directions

In a medium saucepan, whisk the cornstarch into the evaporated milk. Place over low heat and stir in the cocoa powder, sugar, vanilla, and salt. Cook, whisking constantly, until thoroughly combined and the liquid starts to thicken, about 10 minutes.

Serve immediately with strawberries and pineapple (or other fresh fruit, such as sliced apples, pears and bananas).

Nutrition

Calories: 70kcal

Carbohydrates 17.1g, Protein 0.5g, Fat 0.6g, Saturated Fat 0.1g, Sodium 20mg, Fiber 3.1g, Sugar 11g

Lockton Nurse Advocate