

Dessert

# Decadent Dark Chocolate Covered Strawberries

**25 Mins**  
Prep Time

**0 Mins**  
Cook Time

**8-10**  
Servings

 **75 Calories** **4g Fat** **9g Carbs** **1g Protein**



## Ingredients

 **8-10 Servings** • **2 Strawberries** Serving Size  **50 Mins** Total Time  **Allergens: None**

**1 lb** Fresh Strawberries, **washed** and dried   
(about 16 medium strawberries)

**½ Cup** Dark Chocolate Chips 

**1 Tsp** Canola Oil

### Nourishment Note



#### **Dark Chocolate**

Dark chocolate contains powerful antioxidants, which help to protect our cells and can assist in reducing inflammation. It is also high in potassium, a nutrient that supports heart health.



#### **Strawberries**

Strawberries contain high amounts of vitamin C, a vitamin important to the immune system. They also may help to lower inflammation in the body, improve cholesterol levels and decrease the risk for heart disease.

## Instructions

### 1. Wash Hands

Wash hands with soap and water

### 2. Prepare Baking Sheet

Cover baking sheet with wax paper.

### 3. Add Dark Chocolate

Add dark chocolate chips to a coffee mug.

### 4. Heat Chocolate

Place coffee mug in microwave and heat chocolate in 30 second increments, stirring in between, until chocolate is melted. Chocolate should be melted between 3-4 attempts.

### 5. Add Canola Oil

Add canola oil to chocolate and mix well.

### 6. Dip Strawberries

Tilt coffee cup on an angle, dip strawberry and twist until all sides are covered in chocolate.

### 7. Place on Baking Sheet

Let excess chocolate drip from strawberry before placing on wax paper.

### 8. Let Strawberries Chill

Chill strawberries in refrigerator for 25-30 minutes before serving.

### 9. Wash Hands

Wash hands with soap and water

Recipe created by Meijer Specialty Pharmacy  
Registered Dietitians

## What You'll Need



Paper Towel



Wax Paper



Baking Sheet



Coffee Mug



Spoon



Measuring Spoon

### PD Cooking Tips

- Ask a friend or family member to help you prepare this dessert.