

Dessert: Healthy fruit kebab recipe

Recipe and ingredients

**One
Life
Suffolk**



400g strawberries- £2.25



2x bananas- 29p



100g Lindt dark chocolate
with a touch of sea salt (optional)- £1.50



1. Break chocolate into small squares and melt either by:

- Filling a small saucepan about a quarter full with hot water, then sitting a glass bowl on top so it rests on the rim of the pan, not touching the water. Put over a low heat until the chocolate has melted, stirring occasionally.



- Alternatively, cover a microwaveable bowl containing the chocolate squares loosely with cling film and put in the microwave for 2 minutes on High.



2. Chop off the stems from the strawberries and chop banana into chunks.



3. Dip fruits into chocolate and place on plate.
(Can place onto kebab sticks if prefer)



4. Place plate in a fridge overnight.



5. Enjoy 🍴



Total cost to make the healthy fruit kebab recipe £4.04

Based on prices in Tescos 05/07/20

**Families
and
Young People**