

Week 3 Recipe

Healthy Take on Chocolate Covered Strawberries

Ingredients:

Fresh Organic Strawberries

Chocolate Syrup

Fat-free Redi Whip

I am embarrassed to call this a “recipe.” The point I want to make with this recipe is that even the simplest creation can feel like a real treat when you put it in a pretty cup or bowl and add a smidge of chocolate and whip cream.

Directions:

Try to find organic strawberries or grow your own! Organic produce always tastes better and I feel it is important to avoid pesticides if possible. Always clean all your produce thoroughly. After rinsing the strawberries, cut them into fourths. Put strawberries in a little bowl or cup. Drizzle with just a little chocolate syrup and put a small dollop of whip cream. Notice that I use fat-free Redi Whip to reduce sugar and calories.

Serve this after dinner or after school for a yummy treat. This goes great with a nice hot cup of green tea (decaffeinated for the kiddos).