

Chocolate-Dipped Fruit Wreath

Satisfy the desire for healthful fruit and the craving for chocolate in a spectacular fruit ring.

- 1 bag (6 ounces) semisweet chocolate chips (1 cup)
 - 1 tablespoon shortening
 - 6 cups assorted fresh fruit pieces (whole strawberries, grapes, mandarin orange segments, cherries)
1. Line jelly roll pan, 15 1/2x10 1/2x1 inch, with waxed paper. Heat chocolate chips and shortening in 1-quart saucepan over low heat, stirring frequently, until smooth; remove from heat.
 2. Dip half of each piece of fruit into chocolate. Place in pan.
 3. Refrigerate uncovered about 30 minutes or until chocolate is firm. Arrange fruit on plate in wreath shape.

Per Serving: Calories 30 (Calories from Fat 10); Total Fat 1 g (Saturated Fat 1 g); Cholesterol 0 mg; Sodium 0 mg; Total Carbohydrate 5 g (Dietary Fiber 1 g); Protein 0 g

% Daily Value: Vitamin A 0%; Vitamin C 12 %; Calcium 0%; Iron 0%

Exchanges: 1/2 Fruit

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