

Chocolate (very low protein) Fondue

Individual Serving

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- 2 VitaBites* (almost no protein chocolate bars)
- 1 Tbsp. Coffeemate Creamer (flavors available)
- 1/4 tsp. flavoring extract (almond, cherry, coffee, hazelnut, orange, peppermint, raspberry, strawberry) if desired

Break each VitaBite bar into 3-4 small pieces in a coffee mug or microwave safe dish. Add other ingredients and microwave about 50 seconds. Stir and microwave another 25-30 seconds if needed to melt all ingredients.

Dippers: Apple wedges

Banana slices

Cherries

Grapes

Kiwifruit pieces

Mandarin orange segments

Marshmallows

Melon wedges

Pineapple chunks

Strawberries

Low protein brownie/cake pieces

Use a toothpick or fork to hold the "dippers". Dip in fondue chocolate and enjoy! Cover extra with plastic wrap and refrigerate. If fondue gets too thick, add more Coffeemate to soften; reheat as needed. Enjoy!



*** VitaBites are made by Vitaflo and are available from
Cambrooke Foods 1-866-4LOWPRO**