

Chocolate (very low protein) Party Fondue

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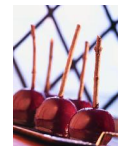
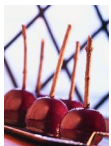
10 VitaBites* (the almost no protein chocolate bars), break each into 4-5 pieces each
1/3 cup Coffeemate Creamer (flavors available)
1 Tbsp. flavoring extract (almond, cherry, coffee, hazelnut, orange, peppermint, raspberry, strawberry) if desired

Heat the VitaBite pieces and Coffeemate in a medium saucepan over low heat, stirring constantly until chocolate is melted and mixture is smooth. Remove saucepan from heat. (Alternative: Microwave about 2 ½-3 minutes.) Stir in the flavoring extract. Pour the mixture into a fondue pot to keep warm over low heat.

Dippers Apple wedges
Banana slices
Cherries
Grapes
Kiwifruit pieces
Mandarin orange segments
Marshmallows
Melon wedges
Pineapple chunks
Strawberries

Low protein brownie pieces /cake pieces

Spear the "dippers" with long wooden picks or fondue forks, dip into fondue chocolate and enjoy! To save: cover with plastic wrap and refrigerate. NOTE: If fondue gets too thick or to reheat leftovers-add more Coffeemate to soften and reheat as needed.



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