

Chocolate Fondue

Traffic light category: **Green**

Serves: 10

Ingredients

- 1 tablespoon polyunsaturated margarine
- ½ cup avocado puree
- ¼ cup carrot puree
- 1 cup icing sugar
- ½ cup cocoa powder
- 1 teaspoon vanilla extract
- 4-5 cups fruit (fresh or canned in natural fruit juice)

Method

1. Melt the margarine over low heat in a medium saucepan
2. Add the avocado and carrot purees, sugar, cocoa powder and vanilla
3. Whisk well until smooth
4. Serve warm or refrigerate and serve cold - add your favourite seasonal fruit
5. ¼ cup fondue to be served with ½ cup of fruit.

Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	654.8 g	589.9 g
Protein	1.6 g	1.4 g
Total fat	4.5 g	4.1 g
Saturated fat	1.6 g	1.4 g
Carbohydrate	26.5 g	23.9 g
Sugars	24.0 g	21.6 g
Dietary fibre	3.3 g	3.0 g
Sodium	38.1 mg	34.3 mg

Adapted from homeandbody.blogspot.com.



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