

# Fruit Kebabs and Chocolate Dipping Sauce



I'm loving fruit on sticks. Enjoy raw, dipped or drizzled in luscious chocolate sauce.



## Equipment

- Saucepan with lid
- Heatproof bowl
- Wooden spoon
- Sharp knife
- Skewers or cocktail sticks
- Juice squeezer
- Weighing scales
- Kettle
- Measuring spoon
- Colander
- Chopping board

## Method

1. Make the chocolate sauce. Boil the kettle. Break the chocolate into pieces and place into a small heatproof bowl. Place it over a pan of boiling water checking that the bowl doesn't touch the water.
2. Add the butter, syrup and water to the bowl. Let everything melt down then stir until smooth with a wooden spoon.
3. Add the vanilla extract. Put the lid on the pan.
4. Prepare the fruit. Wash, peel and chop your fruit into cubes (leave the strawberries and grapes whole). Dip the pear and apple into lemon juice to stop it turning brown.
5. Thread onto wooden or metal skewers.
6. Drizzle with chocolate sauce or serve on the side to dip into.

## Ingredients Serves 4

### Fruit kebabs

Select fruit from:

- Melon
- Apple
- Pear
- Strawberries
- Kiwi fruit
- Pineapple (tinned or fresh)
- Grapes
- Juice of half a lemon

### My chocolate sauce

- 110g dark chocolate
- 10g butter
- 2 x 15ml spoons golden syrup
- 2 x 15ml spoons water
- 1 x 5 ml spoon natural vanilla extract (optional)

## Top tip

When melting chocolate, don't let the bottom of the bowl touch the water. This makes the chocolate go grainy and you want it to be smooth.

## Something to try next time

Dip your fruit kebabs into your favourite fruit yoghurt and muesli for a crunchy treat.

