



strong bodies **healthy minds**

Chocolate Ladybugs

There is nothing better than freshly picked strawberries, so when they're in season, bring some home. They are not only sweet and delicious, but also loaded with immune-boosting vitamin C. Strawberries make a great snack on their own, or you can add a dose of antioxidants by making Chocolate Ladybugs, a low-fat treat that takes just minutes to create. We use semi-sweet chocolate chips to create the spots on our "bugs."

Ingredients:

5 medium strawberries
20 semisweet chocolate chips

Directions:

1. Cut leaves and tops off strawberries, then cut each strawberry lengthwise in half.
2. With fingers, gently push 2 chocolate chips, pointy side down, into rounded side of each strawberry half to create the ladybug's spots.

Makes 2 servings (5 strawberry halves per serving).

Nutrition Facts per serving: 35 calories; 1.5g fat (1g sat fat, 0g trans fat); 0mg cholesterol; 6g carbohydrate (1g fiber, 5g sugar); 1g protein; 0mg sodium; 30% Daily Value (DV) vitamin C.