



**Memorial
Cancer Institute**



aprons
COOKING SCHOOL

Healthy Chocolate Fruit Pops**

Serves 8

Ingredients

1½ cups all-natural dark chocolate chips (about 1 bag of baking chips)
¼ cup cooked quinoa
2 Tbsp PB2
4 bananas
4 half-moon slices melon
Sticks

Method

Line a cookie sheet with saran wrap or parchment paper and set it aside.

Cut melon slices in half and skewer. Peel bananas, cut in half, and skewer.

Add 1 cup of water into small pot over low/medium heat. Place bowl on pot of top to create a double boiler. Place chips into bowl stirring occasionally (about 5 minutes) until melted.

Once melted, add PB2 to chocolate and stir. Chocolate will turn into a fudge-like consistency within seconds. Dip fruit pieces into chocolate mixture, dip into quinoa and then place onto parchment paper. Place chocolate in the freezer to harden for 20-30 minutes.

Remove, peel and remove fruit pops from parchment paper. Enjoy.

**This recipe was developed by the Registered Dietitians from Memorial Cancer Institute, Hollywood, FL, along with the Resident Chef at Publix Aprons Cooking School, Plantation, FL. Note that the Registered Dietitians featured in these recipe tutorials from Memorial Cancer Institute can only treat patients who are a part of the Memorial Healthcare System treatment team.