



## **Fresh Fruit with Chocolate Mint Sauce**

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### **Ingredients:**

- 1-1/2 c Nonfat milk
- 2 T Low fat margarine
- 1/2 c Sugar
- 1/2 c Unsweetened cocoa powder
- 1 c Fresh mint leaves, finely chopped
- 1 t Vanilla extract
- 4 c Fresh raspberries or bananas

### **Directions:**

- Scald milk in small saucepan.
- In separate saucepan, melt margarine. Add cocoa and stir well. Stir milk into cocoa mixture.
- Stirring with wire whisk, add sugar and mint, stirring until sauce thickens (about 5 minutes). Add vanilla and remove from heat. Cool.
- Serve over 1/2 cup fresh fruit such as raspberries or bananas.

**Yield: 8 servings**

### **NUTRITIONAL INFO**

Calories ; fat 3 g; percent of calories from fat 15%; cholesterol 1 mg; fiber 3 g