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Chocolate Fondue

Adapted from homeandbody.blogspot.com

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)



Directions

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.

