



# Fruit Dessert Platter

## the ingredients

- Apple-sliced
- Pear-sliced
- Caramel dip
- Chocolate dip (if desired)
- Chopped walnuts (if desired)

## the nutrition

Kcal: 250

Fiber: 5 g

Saturated fat: 2.5 g

Protein: 6 g

Added Sugars: 12 g

## the directions

- Slice fruit being used and set on platter.
- Scoop caramel dip in small bowl. Microwave for 20-30 seconds until warm and gooey.
- Dip desired fruit in sauce about halfway.
- Then dip in bowl full of nuts.
- Set on platter to cool and form or eat warm and gooey. Repeat for all fruit desired and with chocolate dip as well.