Chocolate Dipped Strawberry
(For 12 servings of 2 strawberries each)

Ingredients:

- 4 oz. Dark chocolate (about ½ - ¾ cup)
- 24 Fresh strawberries
- 1 cup Granola (can use ½ cup)
- 1 cup Coconut flakes (can use ½ cup)

Instructions: (a double-boiler method)

1. Put 3 inches of water in a pot and heat to simmering (medium-high heat).
2. Put 4 ounces of chocolate into a metal mixing bowl and place on top of the simmering water in the pot. Stir occasionally as the chocolate melts.
3. If using a microwave, heat for 30 seconds at a time until chocolate melts.
4. While chocolate is melting, place the strawberries in a colander and rinse them thoroughly to remove dirt. Discard any moldy or overripe fruit.
5. Pat dry on paper towels.
6. When chocolate is fully melted, use a fork to stick into the strawberry and dip halfway into the melted dark chocolate.

- Strawberries provide an excellent source of vitamin C to heal your body.
- Dark chocolate contains antioxidants (flavonoids) that can improve cholesterol levels, lower blood pressure, and protect against heart disease.
- The antioxidants (vitamin C and flavonoids) may help to protect against inflammation.