

# Sweet and Tart Chunky Dunkers

Serves 10

- 6 medium apples (any variety), sliced
- 1 pint strawberries, hulled  
(stem and leaves removed)
- ½ of one 8-ounce tub or jar fat-free  
caramel topping
- ½ of one 8-ounce tub or jar fat-free  
chocolate topping



1. Wash apples and strawberries.
2. Cut apples into wedges and remove stem and leaves from strawberries.
3. Dip fruit into toppings and enjoy!

## TIPS:

- Like sweet fruit? Dunk chunks of peaches, pears, bananas, grapes, or sweet apples like Golden Delicious, Gala, or Fuji apples.
- Like tart fruit? Try pineapple chunks or MacIntosh or Granny Smith apples.
- Squeeze lemon or lime juice on cut apples to prevent them from turning brown.
- Use different toppings such as fruit flavored yogurt, honey, or peanut butter.
- For more chewy crunch, top with raisins, low-fat granola, nuts or seeds.

## Nutrition Facts:

Serving size: About ½ cup; Calories: 150; Fruits and Vegetables: 1 serving; Fat: 0 g; Fiber: 3 g



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