

Rating: ★★★★

Dietary: V, VEG, DF, GF, EF, NF

Allergens: /

Age group: 12 months+

Mealtime: Mother's Day Menu

Difficulty level: Beginner

Serves: 25 Prep: 30 mins

MindChamps International preschool & early learning

Chocolate **Strawberry Hearts**







Vegetarian



Dairy Free



Gluten Free







Nut Free

Method

- 1. Rinse and gently pat-dry the strawberries.
- 2. With a small, sharp knife, in a circular motion, carve out the stem of the strawberry.
- 3. Slice the strawberry in half.
- **4.** At the top centre of each berry half, cut a small V-shape.
- 5. Gently insert a wooden stick at the bottom of the heart shape.
- **6.** Dip strawberries in melted chocolate or drizzle chocolate over the strawberry heart. Place on baking paper in the fridge until chocolate firms.

Storing leftovers:

Store in an airtight container in the fridge for up to 3-4 days or freeze for up to 4 months.

Ingredients

- 500g strawberries
- 150g 70% dark chocolate, melted

Tips

✓ Easy ingredient swaps:

Swap strawberries for banana hearts.

✓ Additional boosters:

Sprinkle dipped chocolate hearts with shredded coconut, crushed seeds or freeze-dried berry powder.