

Sweet Start

Chocolate dipped pretzel rods with low-fat yogurt

Makes 2 servings

Ingredients

4 large pretzel rods
1 cup dark chocolate chips
2 single serving cups low-fat yogurt

Toppings:

1/3 cup sliced almonds
1/3 cup shredded coconut
1/4 cup rainbow sprinkles

(Parents) Directions to Assemble Kit:

Place chocolate chips into a small microwave-safe container. Place all toppings into individual containers. Put pretzel rods, containers of chips and toppings, yogurt cups, a cookie sheet-size piece of foil and recipe into large reusable container. Place kit into refrigerator until use.

(Kids) Directions to Make Sweet Start:

Melt chocolate chips by placing the container of the chips in microwave for thirty seconds. Peek at them to check for melting; return to microwave for an additional thirty seconds. Continue to microwave for thirty seconds at a time, stirring with a spoon until chips are all melted.

To make your pretzel station: Place foil flat on table or counter. Pour melted chocolate in the lower half of the foil in the shape of a rectangle. Pour toppings in small piles towards the top of the foil. Place a large clean plate next to your pretzel station. Take pretzel rods and roll them, one at a time, in the melted chocolate. Continue to roll them in toppings as you like. Place rolled pretzels on the plate. Refrigerate pretzels for 15 to 30 minutes to allow it to harden. Enjoy your decorated pretzels dipped in yogurt cups.

Fun Fact: Almonds are a very good source of vitamin E, an antioxidant that helps protect your cells. Think of antioxidants as nutritional “superheroes” that fight the “bad guys” that try to make us sick.