



# Fruit Salad Cones

10'

Hands on

10

Portion(s)

1

Difficulty



## Ingredients

- 10 ice cream cones
- 400 g dark chocolate couverture
- 200 g fresh fruit (kiwis, peaches, strawberries, mangos, blueberries and any other fruit you like), cut into small pieces
- fresh mint leaves, to garnish

## Διατροφικός πίνακας

Nutrition information per portion

|                           |                          |                              |                            |
|---------------------------|--------------------------|------------------------------|----------------------------|
| 267<br>Calories<br>(kcal) | 17.0<br>Total Fat<br>(g) | 10.0<br>Saturated<br>Fat (g) | 23.0<br>Total<br>Carbs (g) |
| 13%                       | 24%                      | 50%                          | 9%                         |
| 13.0<br>Sugars<br>(g)     | 4.2<br>Protein<br>(g)    | 2.9<br>Fibre (g)             | 0.07<br>Sodium<br>(g)      |
| 14%                       | 8%                       | 12%                          | 1%                         |

## Method

- Melt the chocolate couverture and allow it to cool a little.
- Fill the ice cream cones with it and turn them over so that most of the melted chocolate can drain.
- Set them aside for 1-2 hours so that the chocolate can dry.
- Fill your ice cream cones with all the chopped fruit.
- Garnish with mint leaves and serve.