



## **Almond-Stuffed Prunes in Chocolate**

*Recipe courtesy of Paula Jacobson*

Serves 12

Prunes are such a sweet fruit that you'd think they don't need anything added. But stuff them with almonds and dip them in chocolate, and you have a tasty yet healthful dessert that will satisfy your sweet tooth and not break the calorie bank. Some studies show that eating prunes daily may slow post-menopausal bone loss. Prunes contain polyphenols, which promote bone health by reducing bone mineral loss.

36 whole blanched almonds  
36 (about 10 ounces) Sunsweet® Pitted Amaz!n™ Prunes  
8 ounces semisweet chocolate chips or chopped chocolate  
1/2 teaspoon butter or canola oil

Press an almond into the center of each prune and place on a plate. Set aside.

Pour about 1 inch of water into the bottom of a double boiler. Place the chocolate and butter in the top of the double boiler over medium heat and simmer until almost all of the chocolate is melted. Remove from heat and stir until smooth.

Line a plate with waxed paper.

Dip each prune into the chocolate, turning with two forks to fully coat. Place on the waxed paper. Cover with plastic wrap and refrigerate until chocolate is set, approximately 20 minutes.

Store in an airtight container in the refrigerator if you like the chocolate to shatter or at room temperature if you prefer it creamier.