

VitaMin

Vital health information in a minute

Peanut butter and chocolate dipped pretzels



Ingredients

- Four ounces semisweet chocolate, chopped
- 1/4 cup creamy peanut butter
- 30 braided honey-wheat pretzel twists

Preparation

1. Line a jelly roll pan with parchment paper.
2. Place chocolate in a small microwave-safe bowl. Microwave at HIGH one minute or until chocolate melts, stirring every 15 seconds. Stir in peanut butter until smooth. Working with one pretzel at a time, dip and roll one end of pretzel in chocolate mixture to coat. Place pretzel on prepared pan. Repeat procedure with remaining pretzels and chocolate mixture. Place in freezer for 30 minutes or until set.

Make-ahead tip:



Dip the pretzels, and store in the fridge on a parchment-lined tray up to five days ahead. Set out shortly before serving, but not too far ahead, as the chocolate may melt.

Nutritional information

Amount per serving

- Calories: 135
- Fat: 6.8g
- Saturated fat: 2.7g
- Monounsaturated fat: 2.2g
- Polyunsaturated fat: 1g
- Protein: 3.2g
- Carbohydrate: 16.7g
- Fiber: 1.4g
- Cholesterol: 0.0mg
- Iron: 0.5mg
- Sodium: 183mg
- Calcium: 3mg

Yield: Serves 10
(serving size: three pretzels)
Total: 45 minutes

Source: Printed with permission of *Cooking Light*, December 2011
Photo: Marcus Nilsson

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