

'Wellness Week'

Chocolate dipped marshmallows

Ingredients:

- Pack of marshmallows
- 50g dark chocolate
- ¼ cup of sprinkles



Instructions:

1. Melt the chocolate in a microwave or a double boiler and let it cool a little.
2. Dip half of each marshmallow in the melted chocolate and make them stand, chocolate covered parts will look up.
3. Wait 2 minutes and then dip them into sprinkles
4. Chill for 30 minutes and serve or pack.

Pretzel party

Ingredients:

- Pretzels
- White chocolate to melt (can be cooking chocolate or chocolate melts)
- Sprinkles



Instructions:

1. Melt the chocolate in a microwave or a double boiler.
2. Dip the pretzels in the chocolate (Use a fork and tap the pretzel against the side of the bowl to let any excess chocolate drip off).
3. Place the pretzels on a baking sheet.
4. Apply sprinkles before the chocolate hardens.

Fruit disco sticks

Ingredients:

- Fruit of your choice cut up into small chunks
- Marshmallows (optional)
- Skewers



Instructions:

1. Take a wooden skewer and thread your chosen fruit onto each.
2. Place a marshmallow on the end if you wish to.
3. Repeat process to make as many as you like.