

# Jews eat veggies

The logo consists of the text 'Jews eat' in a green, rounded font, followed by 'veggies' in the same font. The letter 'i' in 'veggies' is replaced by a stylized orange carrot with two green leaves. The word 'eat' is in orange, while 'Jews', 'veggies', and the carrot's leaves are green.

Printable Passover Guide

Tips, Tricks, and Recipes for a Nutritious and  
Delicious (Plant-Based) Pesach

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## About Jews Eat Veggies

I'm Natasha Nadel, a vegan chef, educator, and author of *The Healthy Family*, *Healthy You Cookbook* and *The Healthy Mama's Guide to Feeding Your Family Well*.

My mission is to provide you with the tools you need to incorporate more plants into your diet, prepare easy weeknight dinners, and enjoy quick, healthy lunches for you and your family. I also make decadent but doable plant-based recipes for Shabbat and holidays. Vegan recipes can be filling main meals that delight all your senses.

I teach plant-based cooking classes and run workshops and camps for everyone from Jewish day school students to children with special needs and seniors. Jews Eat Veggies is here to support the plant-based revolution and provide resources for those who agree that living a Jewish life should add to our health and happiness, not be a risk factor for heart disease, obesity, and Type 2 diabetes.

Community builds physical and mental health, but partaking in all that Jewish life has to offer can sometimes feel like a health hazard. If you are here, I hope you'll join me on my mission to transform the present and create a new future where Jewish life enriches us both physically and spiritually. (You don't even have to give up dessert!)

Learn more at [www.jewseatveggies.com](http://www.jewseatveggies.com)!



## Your Number One Question

Without [kitniyot](#) (beans, legumes) or meat, what do you eat for protein all week?

Answer: Nuts and Quinoa. Don't forget that vegetables and even matzah (especially whole-grain) contain protein. Spelt matzah has 5 grams of protein and 3 grams of fiber.

You will be just fine!

# The Two Types of Jews Eat Veggies Readers

1 You want to eat and serve healthier options.

This reader wants to serve or eat primarily plant-based meals for Passover.

2 You are a vegetarian/vegan or you have a family member who is vegetarian/vegan.

This reader is trying to figure out how to cook quickly and eat well during Passover. They may be hosting and want to make vegan food that will appeal to their non-vegan guests. This reader may also be trying to navigate eating at a non-vegan meal during Passover.

Many of the people who read the Jews Eat Veggies blog and use the website as a resource for recipes are NOT vegan or even vegetarian. That is fine with me. I am not here to force anyone to agree with me. I want us to all be healthy together, as a community, and support one another while we work towards this goal.

So, during Passover, let's try to do that. Support one another. Eat healthfully. Use the week as an excuse to find as many ways to eat as many vegetables as humanly possible. (You know, except for the ones that are *kitniyot*.)

# Ten Tips and Shortcuts for an Easier and Healthier Passover

## 1 Fruit and veggie platters make it fun!

You are busy. Your children constantly need snacks and entertainment. You also want a healthy option for them to snack on (instead of *kvetch*) while they are hungry at the beginning of the seder.

You can usually find the platters for my famous Fruit & Veggie Platters at one of the dollar stores. You can also order them from Amazon. Click on [Natasha's Favorite Things](#), and you'll find platters, my favorite fruit & veggie cutters, and even a crinkle (fry) cutter. You can use the fry cutter to make vegetables, such as rainbow carrots, into fries. Continue reading this guide for detailed instructions and helpful photos.

[Read more about my favorite platters and other tools here.](#)

## 2 Stay away from highly processed Passover foods.

## 3 Be adventurous with vegetables!

If your eyes don't feel like you've eaten, your stomach won't either, leading you to overeat heavy foods. We all know that yucky Passover feeling. Colorful plates (as opposed to brown and tan plates of meat, potatoes, and matzo) will help your mind and body feel happy and satisfied.



## 4 Discover new, whole-foods, plant-based recipes that work well for family and holiday gatherings.

## 5 Take responsibility for whatever it is you want to eat.

Let healthy choices crowd out the less healthy options. Make vegetables the majority of the food you eat. However, if you want a homemade decadent dessert, go for it. In exchange, skip the \$5 box of “cookies” made from potato starch, sugar, and food coloring.

## 6 If you are vegetarian, vegan, or simply trying not to eat five kugels per meal, be perfectly happy when it feels like you can only eat a couple of the dishes at a meal.

Caveat: As long as those items are healthy and will satisfy you. For instance, a typical Seder meal might include kugel and desserts with eggs, chicken soup, and meat for the main course. Nothing for a vegan to eat, right? Assuming this is your family and you can contribute to the meal, you can work out a combination of minor substitutions and additions.

Offer to bring some or all of these dishes, or work out a menu with your family to accommodate your eating preferences without compromising theirs. They can eat their meat, and you can bring additional goodies.

Here is an easy meal option:

1. Offer to make or bring a green salad.
2. Bring your soup or keep busy eating salad during the soup course.
3. Suggest roasted broccoli or carrots instead of the host having to *potchke* with a broccoli or carrot kugel.
4. Bring a quinoa dish that serves as a side dish for everyone else and your main meal or source of protein.
5. Bring fruit or chocolate-covered strawberries for dessert.

Does that sound like anything close to deprivation? Not to me!

## 7 Don't reinvent the wheel every year.

I was happy to hear from friends that I'm not the only one who keeps spreadsheets with grocery lists from year to year and menus for holidays going back 15 years. I have a spreadsheet of grocery items I always purchase for Passover, categorized by type, including produce and frozen food.

Additionally, I prepare a document organized into categories such as salads, side dishes, main meals, and desserts. I list all the recipes I have gathered, along with their sources. That could be a link, a cookbook with a specific page number, or a saved document. I also create spreadsheets for every meal, detailing the day, number of adults, number of children, and the menu.

## 8 Eat only one big formal meal per day.

Take your seder meal leftovers and throw them on a bed of greens. Make your salad dressing! Most packaged salad dressings for Passover contain artificial additives, thickeners, and sugars. Blend some avocado and fresh-squeezed lemon juice, and pour it on for a rich, filling meal. Skip oil as much as possible in your salad dressing, as you're likely getting enough from your potato kugel throughout the week.

One of the recipes in this guide is for a strawberry dressing with strawberries, white wine vinegar, and orange and lemon juices. I'm not into fat-free if it's good fat. However, Passover can be such an onslaught of bad fat that you want to eat as lightly as possible when you can.



## 9 When in doubt, just serve the food.

In 2014, my first vegan Passover, I went overboard trying to make every possible vegetable (and nut!) in every possible form. It seriously almost broke me. I recall the Kveller headline I saw: "My Passover Anxiety Is No Joke," by Jordana Horn. I cleaned and moved dishes in and out of my kitchen for a week, and then I cooked non-stop for 10 days. It was like Passover Vegan Army basic training boot camp. I cannot and will not do that again.

So, when in doubt, open the fridge and create a fun platter with whatever raw produce you have on hand. You can also place each type of vegetable (such as cherry tomatoes or baby peppers) in its bowl and arrange the bowls. You can also put different foods that are all the same color together. This is classic Jews Eat Veggies modus operandi, but we all need reminders this time of year.

For more inspiration, refer to this guide for ideas on making fruits and vegetables look beautiful in photos. You can also use the veggie platter as a shortcut for your Seder meal. Make it easy with a large veggie platter instead of a multitude of side dishes and salads.

## 10 Trust that no one will starve, but they may feel yucky from eating too many processed Passover foods.

Passover is like going gluten-free. You can use that as an excuse to eat whole, unprocessed foods, or you can use it as an excuse to eat every form of gluten-free substitution. They may be gluten-free, but they are often full of other forms of refined flours, sugar, empty carbohydrates, and calories. Yet another reason to make fruit and veggie platters! Let the kids help make them.

## Healthy Passover Substitutions

- 1 For starch, save your stomach and skip the matzo and matzo meal at each and every meal. Instead, use potatoes or squash.

Turn potatoes into fries, chips, and toast! Treat yourself to special potatoes. Go to an Asian or health food store and buy white sweet potatoes and Hannah yams.

First, bake your potatoes and refrigerate them overnight. You will not need any oil or salt. Your already-baked potatoes can be cut into wedges, rounds, or spears. You can even flatten cooked sweet potato halves and roast them into toast! Roast the flattened, round, or sliced potatoes at 425°F (use convection if available) for about 45 minutes, turning halfway through.



- 2 Instead of rice, sauté riced cauliflower on the stovetop. Instead of pasta, use spaghetti squash or hearts of palm as a substitute for spaghetti.

Use the flavors and vegetables you prefer, such as spinach, onions, and garlic.

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### 3 These items do NOT need special Kosher for Passover Certification

- Extra virgin olive oil
- Unflavored bottled water
- Chia seeds without additives
- Raw nuts without additives.

From the OU: Raw nuts in their shells do not require Passover certification. Shelled raw nuts that list BHA, BHT, or any other additive on the ingredient label require special certification. O-U certified raw whole pieces and nut meal, without additives, are kosher for Passover. Pecans that are whole or half are acceptable with an OU certification. Pecan pieces require Passover certification.

More Questions? [Download the OU Passover Guide](#)

### 4 Consider making your nut milk.

If you are looking for a non-dairy milk that is not kitniyot, it is preferable to buy almond milk that is specifically Kosher for Passover. However, in my experience, these have added oils and are not very appetizing.

[Here are instructions](#) for making your nut milk, which I highly recommend. Additionally, note that cashew milk does not require straining, unlike almond milk. However, you can use the leftover almond pulp from making almond milk to [make cookies](#) that are incidentally kosher for Passover.

**From the OU:** The following products are not certified for Pesach, but are acceptable for infants and the infirm who need milk alternatives. (2024)

1. Almond Breeze Original Unsweetened (Shelf Stable)
2. Califia Farms Go Coconuts Coconut Milk
3. WestSoy West Life Plain Soy Milk

**NOTE:** Always check with your own Rabbi. Some consider being lactose-intolerant to be "infirm." Some think all vegans are at such a disadvantage for Passover that they automatically have permission to eat kitniyot. The Ashkenazi in me is too strong to take this and run with it. It only happens once a year. I'll live!

## Fruit and Veggie Platters

Let's get excited! Presentation, Presentation, Presentation. We eat with our eyes, too. Present a rainbow of foods to excite and entice your family and friends.

I know I'm not exactly a Japanese food artist, but that's the point! You don't have to be. **Making fruits and veggies fun is so doable.**



For \$1, you can get your children to eat their fruits and veggies! Dollar-store veggie Platters are my top way to entice children to eat their fruits and vegetables. For snack time, make it pretty, put it out, and walk away. When you are not putting baby carrots next to cupcakes, they'll fight over the last blueberry.

In fact, after the first time you offer a fun fruit or vegetable snack, they'll ask how they can make the fun food themselves. If you let them design their own fruit and veggie platters, they will get so excited over these energy-giving foods.

In addition, while children do not usually eat salad during the first course, they will often eat baby cucumber pops or penguins!



There are a few ways to make your platters fun, including:

- Rainbow Order
  - Red – Strawberries
  - Orange – Cantaloupe or clementine pieces
  - Yellow – Pineapple
  - Green – Green grapes or honeydew
  - Blue – Blueberries
  - Purple – Purple grapes
- [Shaped Vegetable Cutters](#)
- [Veggie Trays](#)
- [Bamboo Skewers](#)
- [Treat Sticks](#), as seen below with my cucumber popsicles.

Some of the options for serving in your platter:

- Olives
- Pickles
- Chummus or White Bean Dip
- Celery
- Carrots (regular and rainbow), cut into “fries”
- Cherry tomatoes (regular and rainbow)
- Baby bell peppers
- Bell pepper spears, flowers, and hearts
- Rainbow shredded carrots
- Baby cucumber pops
- Cucumbers cut into fun shapes
- Zucchini or Squash
- Broccoli florets



# Watermelon Juice

Serves 2-4

Ingredients:

Watermelon

Directions:

Scoop out the flesh of a watermelon. Blend the flesh and strain it through a mesh strainer. Enjoy!





# Strawberry Citrus Salad

Serves 6-8

Dressing:

2 cups chopped strawberries (can be fresh or you can defrost frozen)

1/4 cup orange or tangerine juice

1/2 cup lemon juice (fresh-squeezed is always best!)

1/4 cup white wine vinegar

1/4 cup chia seeds

Salad:

Baby Spinach

Mandarin orange or clementine segments or chopped oranges

Blueberries

Optional: Toasted pecans

Directions:

Blend all dressing ingredients until smooth. Refrigerate to chill and thicken. Lasts in the refrigerator for 3-4 days. You can make it on Friday and you'll be fine to eat it on Monday during yuntov.

Top baby spinach with the oranges, blueberries and pecans, if using.

Serve with dressing.

# Spinach with Pine Nuts and Golden Raisins

Serves 4-6

Ingredients:

5 cups baby spinach  
1/4 cup pine nuts (toasted if desired)  
1/4 cup golden raisins

Directions:

Microwave the spinach for 1-2 minutes, starting with 1 minute. Pour out any liquid. Sprinkle the pine nuts and raisins on top.





# Orange Pistachio Quinoa

Serves 6-8

Ingredients:

1 1/2 cups quinoa (Red is the best for this recipe, but white is fine too)  
1/2 teaspoon sea salt  
1 teaspoon ground cumin  
1/8 teaspoon freshly ground pepper  
1/2 cup fresh mint, washed, dried, and chopped  
2 sliced scallions, only the green part (kitchen scissors work well)  
1/8 cup freshly squeezed orange juice  
Zest of one orange, about 1 tablespoon  
1 1/2 tablespoons olive oil  
1 1/2 tablespoons fresh lemon juice  
1/2 cup golden raisins  
1/2 cup raw or toasted pistachios

Directions:

Unless the box indicates that the quinoa is pre-rinsed, rinse it well using a fine-mesh strainer.

Boil 2 ½ cups of water and 1 teaspoon of salt. Add quinoa. Lower heat, cover, and simmer for 15 to 20 minutes—fluff with a fork when done.

Let cool. This is easiest if you spread the quinoa out on a sheet pan.

Place the quinoa in a large mixing bowl and add the remaining ingredients, except for the pistachios. Mix well. Taste and see if it needs any additional salt or pepper. Wait until right before serving to mix in the pistachios so they don't become soggy. Serve room temp.

# Avocado Broccoli Tomato Salad

Serves 4-6

Ingredients:

1 ripe avocado  
2 tablespoons fresh-squeezed lemon juice  
1/2 teaspoon prepared pesto  
1/4 teaspoon salt  
2 cups steamed broccoli  
1 small red pepper, chopped  
1 cup grape tomatoes, sliced

Directions:

In a small bowl, mash the avocado until smooth. Add the lemon juice, pesto, and salt. Mix well.

In a larger bowl, add the broccoli, red pepper, and tomatoes. Add the avocado mixture to the salad and mix well.

## Hearts of Palm Pasta Primavera

Want to enjoy a massive bowl of spaghetti and veggies without feeling guilty, experiencing a stomachache, or feeling sleepy afterward? Here you go! Hearts of Palm spaghetti will give you your spaghetti slurping pleasure while just being a big bowl of vegetables. This recipe requires very minimal fresh ingredients, making it a great pantry staple recipe.

Serves 2

Ingredients:

- 1 Tablespoon extra virgin olive oil
- 4 cubes Dorot frozen basil (or 1/4 cup chopped fresh)
- 4 cubes Dorot frozen parsley (or 1/4 cup chopped fresh)
- 3 cubes Dorot frozen garlic or 3 fresh garlic cloves, chopped
- 1 cup baby bella mushrooms, chopped (canned okay too)
- 1/4 cup red bell pepper, diced
- 1 can Gefen Hearts of Palm Spaghetti (sold at Shalom's)
- 1/2 cup broccoli, cooked and cut into small pieces
- 1/2 cup pasta sauce
- Salt and pepper to taste
- 1/4 cup toasted pine nuts



Instructions:

Heat olive oil in a sauce pan. Add garlic and herbs and sauté until soft. You can also add your red peppers here if you like them very cooked. I prefer mine al dente, so I add them after the mushrooms. Add the mushrooms and cook until they have shrunk considerably and released their liquid, which has then cooked off, about 5 minutes. Add water as needed if your ingredients start to stick to the pan.

Add red peppers and broccoli and sauté until they are mixed with the pesto you've created. Gently mix in the hearts of palm spaghetti and the pasta sauce. Taste for salt and pepper and add those.

Divide into two servings and garnish with toasted pine nuts.

# Chia Pudding

Serves 4-6

Ingredients:

1/4 cup chia seeds

2/3 cup liquid, either water or non-dairy milk

For your liquid, you can use water, homemade nut milk or canned coconut milk.

For a sweetener, try maple syrup.

For toppings, use cinnamon, nuts, toasted unsweetened coconut, sliced fruit, and berries.



Directions:

Mix the chia seeds with water (or a milk substitute) and place the bowl in the refrigerator to allow them to firm up. The minimum for this is 10 minutes, but the longer you leave it in, the firmer it will become.

For breakfast, it's easiest to prepare this the night before. Then, in the morning, pull it out and add any optional ingredients of your choice. If you're making it as a dessert, assemble the pudding and refrigerate it before preparing the meal.

Mix it well when you take it out of the fridge. In addition, if you are leaving it in for longer than 10 minutes, feel free to give it a mix once or twice if you think of it.

Add sweetener and fruit right before serving.

**Lemon Berry:** Add fresh lemon juice and zest, chopped blueberries and strawberries, and top with toasted sliced almonds.

**Tropical:** Use canned coconut milk, maple syrup, chopped mango, kiwi, and pineapple.

# Maple Squash Pudding

Serves 6-8

Ingredients:

4 large sweet potatoes, cooked until soft  
1/4 cup maple syrup  
1/2 cup - 1 cup dried cherries or cranberries  
1/2 cup - 1 cup pecans

Directions:

Preheat the oven to 350 degrees.



Peel the well-cooked sweet potatoes. If they were cooked earlier, reheat them for 2 minutes in the microwave in a glass or ceramic dish.

Using a food processor, whip the sweet potatoes and the maple syrup until light and fluffy. You can also use an immersion blender for this step.

Place the mixture into individual ceramic crocks or 1 large serving dish and smooth out the top. Decorate with dried cherries and pecans.

Place in the oven for 25-30 minutes. Serve warm.

# Almond Flour Cheese Dip/ Spread

Serves 1

Ingredients:

¼ cup Almond Flour  
1/8 teaspoon salt  
½ teaspoon Italian seasoning (or a mixture of dried parsley, basil and oregano)  
Optional: ¼ teaspoon garlic or onion powder  
1 TB olive oil  
1 TB water

Directions:

Mix almond flour and spices in a small bowl with a fork. Next, add the liquid and mix thoroughly.

Makes ¼ cup. This is enough for your matzo, matzo pizza, gluten-free matzo-style crackers, or to cover your quinoa wrap or pizza crust (see recipe in this document). It can be used year-round as well!



## Quinoa Wrap

Serves 4 (Makes 4 small wraps)

Ingredients:

1 cup white quinoa (soaked in hot water 15 minutes or cool water 4 hours)

2 teaspoons minced garlic

½ teaspoon salt

¾ cup water

1 teaspoon Italian seasoning (or mix of dried parsley, basil, and oregano)

Directions:

Preheat oven to 325. Spread parchment onto 11/16 sheet pan. Drain and rinse quinoa in a fine-meshed sieve. Blend quinoa with water, garlic, and salt. (A high-quality blender is best, but a food processor can also be used.) Scrape the sides and continue blending until the mixture is smooth and you can no longer see any quinoa kernels.

Line the sheet pan (11x16) with parchment paper and spray with non-stick cooking spray. Spread the batter evenly so that it covers the entire pan. Sprinkle on 1 teaspoon of seasoning, such as Italian.

Rotate pan after 20 min. Cook 10-15 more minutes. Let cool and peel off carefully. Slice the wraps into the desired number and width.





# Quinoa Flatbreads/ Pizza Crust / Sandwich Thins

Serves 2

Ingredients:

- 1 cup white quinoa ((soaked in hot water 15 minutes or cool water 4 hours)
- ½ cup water
- 1 tsp Italian seasoning (or mix of dried parsley, basil, and oregano)
- 1 tsp garlic powder
- 1 tsp salt

Directions:

Preheat oven to 325. Blend all ingredients (A good-quality blender is best, but a food processor can also be used). Scrape the sides and continue blending until smooth, with no visible quinoa kernels remaining. Spray a 9 x 9 square pan well, or use approximately 1 TB oil and spread it on the bottom and up the sides a bit. Pour batter into the pan.

Bake for 40 minutes (or bake at 350°F for 30 minutes for a crispier crust, but line the pan with parchment so it doesn't stick).

Use as you would any pizza crust, or cut into smaller flatbreads for 2-4 people to create their own flatbread creations.

My suggestion: Let the crust cool. Spread almond flour cheese (recipe in this document) on the crust and top with roasted vegetables. Warm in a 325 oven for approximately 15 minutes. If you want to use almond cheese and also want to use pizza sauce, spread the almond cheese on the bottom, then the pizza sauce, and top with your preferred vegetables.

Roasted veggie suggestions: cherry tomatoes, broccoli, red onion, mushrooms. (Roast the veggies first).

## New Fun Option- Cinnamon Raisin Bread (Sandwich Thins)

Ingredients:

- 1 cup white quinoa ((soaked in hot water 15 minutes or cool water 4 hours)
- ½ cup water (replace 2 TB of water with maple syrup if desired)
- ½ tsp salt

Toppings: Cinnamon Sugar, Raisins

Follow the directions above and blend the quinoa, water, and salt. After the batter is in the pan, top with cinnamon sugar and press raisins into the batter. Bake the same as above. Cut down the middle and then across to create your sandwich thins.





# Chocolate Banana Matza Brei

Serves 3

Ingredients:

3 whole wheat matzas (or spelt, oat, or regular)  
1/2 cup mashed banana (approximately 1 large banana)  
1 Tablespoon potato starch  
1 Tablespoon of maple syrup  
1 sprinkle of cinnamon  
1/4 cup chocolate chips  
Optional: 2 Tablespoons sugar

Directions:

Heat oven to 350. Break up the matzah, place it in a mixing bowl, and soak it in hot water until it is soft (at least 5 minutes). Drain carefully.

Add banana, maple syrup, potato starch, and optional sugar if using. Mix well.

Place the mixture onto a cookie sheet lined with parchment paper. Spread it out with a fork so that the thickness of it is even throughout. You can also make it round and cut into pizza triangle shapes when it is finished. Lightly sprinkle cinnamon on the top.

Bake for 10 minutes or until the top is solidified and hardening. Flip the mixture over (it may not stay together perfectly) and bake for an additional 10 minutes or until the mixture is cooked through.

Remove the pan from the oven. Add the chocolate chips on top right away. The heat from the matzo brei will melt them. You can also use a knife or a fork to spread them around and help the process along. Cut into pieces and serve hot!

Provide more maple syrup for those who want it. You can also omit the chocolate chips for those who prefer not to have them.

# Chocolate Covered Strawberries, Bananas, or Chocolate Bark

## Ingredients:

Chocolate chips  
Dried fruit, such as figs or pomegranate seeds  
Golden raisins  
Pistachios  
Strawberries  
Bananas  
Coconut  
Nuts

## Directions:



Melt chocolate in a paper bowl (trust me – you do not want to clean hardened chocolate off a regular bowl!) in the microwave. Start with 20 seconds and then 10 seconds at a time afterward. It's easy to burn chocolate, so be careful. Warm for a few seconds at a time, then mix, mix, mix. The chocolate will continue to melt as you mix.

**For the bark:** Pour the melted chocolate onto parchment paper on top of a paper plate or pan that can be placed in the freezer. Immediately add the toppings and put the plate or pan into the freezer to set. It will take approximately 30 minutes. You can pour out little circles and create your bark to resemble individual cookies. You can also spread the melted chocolate out more and break it into pieces after your chocolate bark is set.

**For bananas:** Dip banana chunks in the chocolate, place on a tray covered with wax or parchment paper, and freeze. You can also cover the chocolate with chopped nuts or coconut.

**For strawberries:** Put them in the refrigerator, not the freezer.

You can also make chocolate frogs! Pour the melted chocolate into the silicone frog molds and place them in the refrigerator until the chocolate has solidified.