

CHOCOLATE

Although not exactly a “health food”, chocolate is not the demon most people think it is. The raw material for chocolate, cocoa powder, contains relatively few fat grams or calories. When it is combined with high fat and high caloric foods such as butter, milk, eggs and sugar, chocolate becomes fattening. It is possible however to make delicious chocolate treats while using a minimum of these added ingredients. The following food products and recipes give a few examples of chocolate foods that won’t totally blow your diet. So the next time you are craving chocolate don’t fight it.

- Store bought products
- Chocolate sorbet
- Fudge bars
- Health Style chocolate bars (sold at Health Plus)

Chocolate Delight

Servings: 8

Preparation Time: 2 minutes

Cooking Time: 5 minutes

Chilling Time: 3 hours

4 cups low-fat chocolate soymilk

1 $\frac{3}{4}$ couscous

2-3 tablespoons sugar or honey

Place the soymilk in a saucepan. Heat until almost boiling. Remove from heat, stir in couscous and sweetener. Cover and let rest for 15 minutes, stirring occasionally. Place in a covered bowl and refrigerate for at least 3 hours. Scoop into a dessert bowl and top with fruit if desired.

Hint: Use fresh fruit in season as a topping, or thaw frozen fruit. Fresh fruit syrups may also be used. We especially like raspberries as a topping for this dessert. This dessert keeps well in the refrigerator for several days.

Chocolate and Banana Brownies

Servings: 9

5 tbsp reduced fat cocoa powder

1 tbsp caster sugar

5 tbsp skimmed milk

3 large bananas, mashed

1-cup soft light brown sugar

1 tsp vanilla essence

5 egg whites

$\frac{3}{4}$ cup self-raising flour

$\frac{3}{4}$ cup oat bran

1 tbsp icing sugar, for dusting

1. Preheat the oven to 180 degrees C/350 degrees F/Gas 4. Line a 20cm/8in square tin with non-stick baking paper.
2. Blend the reduced fat cocoa powder and caster sugar with the skimmed milk. Add the bananas, soft light brown sugar and vanilla essence.
3. Lightly beat the egg whites with a fork. Add the chocolate mixture and continue to beat well. Sift the flour over the mixture and fold in with the oat bran. Pour into the prepared tin.
4. Cook in the preheated oven for 40 minutes or until firm. Cool in the tin for 10 minutes, then turn out on to a wire rack. Cut into squares and lightly dust with icing sugar before serving.

Nutritional Notes:

Calories: 230

Fat: 2.15g

Saturated fat: 0.91g

Fiber: 1.89g

Chocolate Pudding

Servings: 8

2 cups nonfat milk

3/4 cup black chocolate sauce

1/8 tsp salt

3 tbsp sugar

1/4 cup nonfat milk

3 tbsp plus 2 tsp cornstarch

1 tsp vanilla

In top of double boiler over boiling water, combine milk, chocolate sauce (separate recipe), salt and sugar. Bring just to a boil. Reduce heat to medium. Combine 1/4-cup milk and cornstarch, stirring till smooth. With wire whisk stirring constantly, add cornstarch mixture to chocolate mixture; it will thicken very quickly. Reduce heat to low, cover and cook another 10 minutes. Remove from heat, add vanilla and chill.

Per 4 oz serving: 163 calories, 0.832 total fat grams

Low-Fat Chocolate Banana Fizz

1 cup of fat free frozen vanilla yogurt

1/8-cup fat free hot fudge syrup

1 banana, sliced

1/2-cup club soda

1. Place all ingredients in blender. Cover and blend on high speed until smooth.
2. Serve immediately.

Makes 1 shake.

Calories: 240

Fat 1 g

Fiber 0.4 g.

Fat-Free Fudge Brownies

$\frac{3}{4}$ cup unbleached flour $\frac{1}{4}$ cup plus 2 tablespoons cocoa powder

1 cup sugar

$\frac{1}{4}$ teaspoon salt (optional)

1/

3 cup unsweetened applesauce

3 egg whites

1 teaspoon vanilla extract

1. Combine the flour, cocoa, sugar and salt, if desired, and stir to mix well. Stir in the applesauce, egg whites, and vanilla extract.
2. Coat an 8-inch square pan with nonstick cooking spray. Spread the batter evenly in the pan, and bake at 325 degrees Fahrenheit for 23 to 25 minutes, or just until the edges are firm and the center is almost set.
3. Cool to room temperature, cut into squares, and serve.

Nutritional Facts: (per serving)

Calories: 80

Fat: 0.4 G

Protein: 1.6 G

Cholesterol: 0 MG

Sodium: 25 MG

Fiber: 0.8G

Calcium: 4 MG

Potassium: 32 MG

Iron: 0.5MG

Cocoa Banana Brownies

1 cup oat bran

1/

3 cup cocoa powder

1 cup

sugar

$\frac{3}{4}$ cup

mashed very ripe banana (about 1 $\frac{1}{2}$ large)

3 egg

whites

1

teaspoon vanilla extract

1. Combine the oat bran, cocoa, and sugar, and stir to mix well. Stir in the remaining ingredients.
2. Coat an 8-inch square pan with nonstick cooking spray. Spread the batter evenly in the pan, and bake at 325 degrees for 25 to 30 minutes, or just until the edges are firm and the center is almost set.

3. Cool to room temperature, cut into squares, and serve.

Nutritional Facts: (per serving)

Calories: 80

Fat: 0.8 G

Protein: 2.1 G

Cholesterol: 0 MG

Sodium: 23 MG

Fiber: 1.7 G

Calcium: 7 MG

Potassium: 96 MG

Iron: 0.5G

Very Best Fudge Brownies

4 squares (1 ounce each) unsweetened baking chocolate

1 ½ cups sugar

½ cup plus 1 tablespoon fat-free egg substitute

¾ cup Prune Butter

2 teaspoons vanilla extract

1 cup unbleached flour

¼ teaspoon salt (optional)

1. If using a microwave oven to melt the chocolate, place the chocolate in a mixing bowl and microwave uncovered at high power for 3 to 4 minutes, or until almost melted. Remove the bowl from the oven and stir the chocolate until completely melted. If melting the chocolate on the stovetop, place the chocolate in a small saucepan and cook over the low heat, stirring constantly, until melted.
2. Add the sugar, egg substitute, Prune Butter, and vanilla extract to the chocolate, and stir to mix well.
3. Coat a 9 x 13 inch pan with nonstick cooking spray. Spread the batter evenly in the pan, and bake at 325 degrees Fahrenheit for 35 to 40 minutes, or until the edges are firm and the center is almost set.
4. Cool at room temperature, cut into squares, and serve.

Nutritional Facts: (per serving)

Calories: 74

Fat 1.7 G

Protein: 1.3 G

Cholesterol: 0 MG

Sodium: 21MG

Fiber 1.1 G

Calcium: 6 MG

Potassium: 72 MG

Iron: 0.6 MG

Mint Chocolate Drops

1 cup plus 1 tablespoon whole wheat pastry flour or unbleached flour

2 tablespoons cocoa powder

½ cup sugar

¾ teaspoon baking soda

¼ cup Prune Puree

3 tablespoons chocolate syrup

1 teaspoon vanilla extract

1/3 cup mint chocolate chips

1. Combine the flour, cocoa, sugar, and baking soda, and stir to mix well. Add the Prune Puree, chocolate syrup, and vanilla extract, and stir to mix well. (If the dough seems crumbly, keep stirring until it holds together.) Stir in the chocolate chips.
2. Coat a baking sheet with nonstick cooking spray. Drop rounded teaspoonfuls of dough onto the sheet, placing them 1 ½ inches apart. Slightly flatten each cookie with the tip of a spoon.
3. Bake at 350 degrees Fahrenheit for about 10 minutes, or until golden brown. Cool the cookies on the pan for 1 minute. Then transfer the cookies to wire racks, and cool completely. Serve immediately, or transfer to an airtight container and arrange in single layers separated by sheets of waxed paper.

Nutritional Facts: (per serving)

Calories: 80

Fat: 0.4 G

Protein: 1.6 G

Cholesterol: 0 MG

Sodium: 25 MG

Fiber: 0.8G

Calcium: 4 MG

Potassium: 32 MG

Iron: 0.5MG