

DIG INTO DARK CHOCOLATE



REDUCED FAT FUDGE BROWNIES WITH DRIED CHERRIES

HIGH IN ANTIOXIDANTS

NUTRITIONAL INFORMATION: Serving Size: 1 brownie; Calories 190; Fat 7g; Saturated Fat 4g; Cholesterol 40; Sodium 90mg; Carbohydrate 33g; Fiber 2g; Protein 4g

AVOCADO DARK CHOCOLATE TRUFFLES

LOW IN SUGAR AND A GOOD SOURCE OF POTASSIUM

NUTRITIONAL INFORMATION: Serving size: 1 truffle; Calories 59; Fat 3.9g; Trans-fat 0g; Carbohydrates 7.5g; Sodium 120mg; Fiber 1.5g; Protein 0.7g; Cholesterol 1mg

GARBANZO BEAN CHOCOLATE CAKE

GOOD SOURCE OF FIBER

NUTRITIONAL INFORMATION: Serving size: 1 slice; Calories 160; Fat 6g; Protein 5g; Cholesterol 70mg; Sodium 180mg; Fiber 3g; Carbohydrate 24g; Iron 6%



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REDUCED FAT FUDGE BROWNIES WITH DRIED CHERRIES– SERVES 8

INGREDIENTS:

1 cup sifted all- purpose flour (4 oz.)
½ cup unsweetened Dutch Process Cocoa
¼ teaspoon salt
¼ teaspoon baking powder
4 tablespoons butter
1 tablespoon apple sauce
1 cup sugar
1 egg
2 egg whites
1 teaspoon vanilla extract
1 teaspoon instant espresso or coffee powder, dissolved in 1 teaspoon hot water
¼ cup chopped dried cherries

PREPARATION:

Preheat the oven to 350°F. Position an oven rack in the bottom third of the oven. Line an 8-inch square baking pan with foil, shiny side up. Set the pan aside. Spray the pan with vegetable oil spray. Stir together the flour, cocoa, salt, and baking powder with a whisk. Set aside. Melt the butter in a medium saucepan. Off the heat, stir in the sugar until combined (texture will remain sandy). Add the egg, egg whites, apple sauce, vanilla, and dissolved espresso powder. Beat with a wooden spoon about 40 strokes, scraping the sides of the pan, as necessary. Add the dry ingredients and beat until completely mixed; add dried cherries. Scrape mixture into prepared pan. Spread evenly and bake for 20 to 25 minutes or until a toothpick inserted into the center comes out a little gooey. Cool on a rack. Cut into 16 squares.

DARK CHOCOLATE AVOCADO TRUFFLES – SERVES 20

INGREDIENTS:

1 ripe avocado
5 oz dark chocolate (try to avoid using chocolate chips)
2 tbsp brown sugar
¼ tsp vanilla extract
⅛ tsp salt
2 ½ tbsp unsweetened cocoa powder (separated)

PREPARATION:

Pit the avocado and mash the flesh with a fork until completely smooth and lump free. Melt the chocolate in either the microwave or on the stove, taking care not to burn it. Once melted, stir in the mashed avocado, brown sugar, vanilla extract, salt, and 1½ tbsp of the cocoa powder until thoroughly combined. Place the truffle mixture into the fridge for 30-40 minutes and let cool until partially set. Use a small ice cream scooper or tablespoon to dollop out the truffles and form balls with your hands. Roll in the remaining 1 tbsp of cocoa powder. Last step, enjoy!

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GARBANZO BEAN CHOCOLATE CAKE - SERVES 12

INGREDIENTS:

- 1 1/4 cups semisweet chocolate chips
- 1 (19 ounce) can garbanzo beans, rinsed and drained
- 4 eggs
- 1/2 cup white sugar
- 1/2 teaspoon baking powder
- 1 tablespoon confectioners' sugar for dusting

PREPARATION:

Preheat the oven to 350 degrees F (175 degrees C). Grease and flour a 9-inch round cake pan. Place the chocolate chips into a microwave-safe bowl. Cook in the microwave for about 2 minutes, stirring every 20 seconds after the first minute, until chocolate is melted and smooth. If you have a powerful microwave, reduce the power to 50 percent. Combine the beans and eggs in the bowl of a food processor. Process until smooth; add the sugar and the baking powder, and pulse to blend. Pour in the melted chocolate and blend until smooth, scraping down the corners to make sure chocolate is completely mixed. Transfer the batter to the prepared cake pan. Bake for 40 minutes in the preheated oven, or until a knife inserted into the center of the cake comes out clean. Cool in the pan on a wire rack for 10 to 15 minutes before inverting onto a serving plate. Dust with confectioners' sugar just before serving.