

## Chocolate in Moderation for Your Sweet

Hey chocolate lovers. You'll be glad to hear that chocolate contains a chemical that may be good for the heart. This chemical protects against heart disease, stroke, and perhaps cancer. It may also lower cholesterol and protect arteries from plaque buildup. But eat chocolate in moderation because it is high in calories and saturated fat that raises cholesterol. To get the good without the bad, select products made with cocoa powder, which is made from chocolate minus the saturated fat.



## Low-Fat Fudge Brownies

8 ounces unsweetened chocolate  
2 (4-ounce jars) pureed (baby food) prunes  
6 large egg whites  
2 cups sugar  
2 teaspoons salt  
2 teaspoons vanilla  
1 cup flour  
1/2 cup chopped walnuts  
Non-stick cooking spray

Preheat oven to 350 degrees.  
Coat a baking pan with non-stick cooking spray.

Cut chocolate into 1-inch pieces and place in heat proof bowl.  
Melt chocolate in microwave oven.

Stir occasionally until chocolate is melted. Set aside.

In mixer bowl, combine all ingredients except flour and walnuts.

Beat to blend thoroughly. Mix in flour.

Spread batter into pan.

Sprinkle with walnuts. Bake at 350 degrees for about 30 minutes until springy to touch.  
Cool on rack.

Cut into 1-1/2-inch squares.  
Makes 6 dozen brownies.

## In Recipes that Call For Chocolate, Use Cocoa Powder.

Replace 1 ounce of chocolate with 3- tablespoons unsweetened cocoa plus 1 tablespoon of a monounsaturated (canola oil) or polyunsaturated oil (corn, safflower, soybean or sunflower oils).

## Make Your Own Prune Puree

**To make Prune Puree:**  
Combine 1 box pitted prunes and 6 tablespoons hot water in food processor/blender. Puree until smooth. (If no food processor/blender is available, cut prunes in small pieces and mash with fork or potato masher.) Makes about one cup.

## Ways We Cut Fat from this Recipe

- We used 6 egg whites instead of two eggs.
- We used pureed prunes instead of 1/2 cup shortening.
- We coated the pan with cooking spray rather than "grease" the pan with shortening or margarine.

 For 1 brownie: Calories: 63 (25% from fat)/ Fat 2g (saturated fat 1 g)/ Cholesterol 0 mg/Sodium 64 mg/ Carbohydrate 12g/ Fiber .1/ Protein 1g/ Vitamin A 1%/Vitamin C 0%/ Folate 0%/ Calcium 0% /Iron 2%