



## Chocolate Indulgence

February 2014

### Chocolate Sauce

*Health.com*

Makes: 7 servings (serving size: 1/4 cup sauce) | Prep Time: 5 minutes | Cook Time: 5 minutes |  
Total Time: 2 hours

#### Ingredients

2 1/2 ounces bittersweet chocolate, chopped into small pieces  
1/3 cup unsweetened cocoa powder  
1/4 cup dark brown sugar, packed  
1 teaspoon instant coffee granules  
1 cup hot water  
1/4 cup agave syrup  
2 1/2 teaspoons vanilla extract

#### Directions

1. Combine bittersweet chocolate, cocoa powder, brown sugar and coffee granules in a food processor. Process until finely ground (about 1 minute).
2. In a small saucepan, stir water and agave syrup together; bring just to a boil over medium-high heat. With the food processor running, add the syrup mixture, then vanilla. Continue processing until sauce is smooth, scraping down sides as needed. Transfer to a container and refrigerate until chilled (at least 2 hours). Stir before serving over fruit, ice cream, or banana bread.

Nutritional Information (per serving): Calories 130, Total Fat 4g, Saturated Fat 4g, Cholesterol 0mg, Sodium 3mg, Total Carbohydrate 25g, Fiber 2g, Protein 1g

## Chocolate Tofu Mousse

*Health.com*

Makes: 5 servings (serving size: about 3/4 cup mousse and berries)

### Ingredients

8 ounces bittersweet chocolate, chopped

1 cup soy milk

1/2 vanilla bean, scraped

10 ounce silken tofu, drained

1/4 cup raspberries

1/4 cup blueberries

### Directions

1. Prepare ganache: Place chopped bittersweet chocolate in a bowl. In a saucepan, combine soy milk and scraped vanilla bean. Bring to a boil; pour over chocolate. Let stand 1 minute. Remove vanilla bean and whisk until smooth.
2. In a blender, process drained silken tofu until creamy (10 seconds). Add ganache; blend until smooth (20-30 seconds). Spoon into 5 individual bowls; refrigerate until mousse is firm (1 hour). Before serving, divide 1/4 cup each raspberries and blueberries among bowls.

Nutritional Information (per serving): Calories 290, Total Fat 19g, Saturated Fat 10g, Cholesterol 0mg, Sodium 30mg, Carbohydrate 30g, Fiber 5g, Protein 6g

## Ultra-Chocolate Smoothie

*Health.com*

Makes: 1 smoothie (about 1 cup) | Prep Time: 5 minutes

### Ingredients

3/4 cup chocolate low-fat frozen yogurt

2 tablespoons unsweetened cocoa

1/2 cup unsweetened almond milk

Dark chocolate shavings for garnish

### Directions

Purée frozen yogurt, cocoa, and milk in a blender until smooth. Pour into a chilled glass, and garnish with chocolate shavings; serve.

Nutritional Information (per serving): Calories 340, Total Fat 6g, Saturated Fat 3g, Cholesterol 20mg, Sodium 230mg, Carbohydrate 64g, Fiber 6g, Protein 10g