

# Healthier Chocolate and Berry Brownie

1. Place coconut oil, syrup and dark chocolate in a heavy bottomed pan over medium heat, stirring frequently until chocolate is melted. Allow to cool slightly.
2. Transfer the chocolate mixture into a food processor or blender with beans, baking powder and eggs. Blend until smooth, scraping down the sides a few times to ensure all ingredients are incorporated.
3. Spoon mixture into a lightly greased 9X9 square baking dish. Scatter berries over the top. Bake in a 300 degree oven for 20-25 minutes. Allow to cool for 5 minutes and then place in the fridge for 20 minutes to set. Cut into 25 pieces with a sharp knife. This is delicious both warm or cold, and store well in the freezer.

Each brownie: 67 calories, 6.8 grams Carbohydrate, 5 grams sugar, 3.9 grams fat, 1.6 grams protein.

Thank you, Toby for the tip!

I **LOVE** Chocolate. The beauty of a chocolate love affair is that if kept in-check, it is actually quite beneficial to the body, mind, and dear I say, the soul. Cacao is a highly nutritious food, loaded with flavonoid antioxidants. Regular consumption of dark chocolate has been shown to decrease inflammation, stabilize blood sugar, lower blood pressure and bad (HDL) cholesterol, while also increasing good cholesterol, brain function (including memory) and inducing an overall positive mood.

- Always go dark, and chose a chocolate with at least 65% cocoa. Avoid unhealthy fillers like hydrogenated oils or

high fructose corn syrup.

- Portion size is important. Keep it around 100 calories. I love Trader Joe's individually wrapped 100 calorie 70% Dark Chocolate Bars. They are super rich and delicious and make a wonderful guilt-free dessert.

For another fun and healthy way to enjoy chocolate try Nadia's Healthier Chocolate and Berry Brownie