

You CAN Have Your Cake and Eat It Too!



Delicious Dark Chocolate Covered Strawberries

Did you think this simple, yet decadent dessert was just for special occasions or Valentine's Day? No sir! Dark chocolate-covered strawberries are not just wonderfully satisfying for your sweet tooth, but a very healthy indulgence.

Dark chocolate covered strawberries are not just delicious but are a healthy way to satisfy your sweet tooth. Dark chocolate is rich in flavonoids. Flavonoids are plant compounds that helps prevent insulin resistance and protects against heart problems for people with Type 2 diabetes. Dark chocolate is lower in sugar, carbohydrates and calories than milk chocolate. And there's even a dark chocolate made with stevia that's even lower in sugar. For best results, look for dark chocolate with cocoa content of at least 70%, and stick to around 1 ounce at a time.

Research has also shown that eating strawberries may help reduce blood sugar levels and inflammation, especially when consumed within two hours of a meal. Here's the simple recipe.

INGREDIENTS

- ½ cup sugar-free chocolate chips
- 2 tablespoons coconut oil
- 14 large strawberries

INSTRUCTIONS

1. In a small bowl melt the coconut oil and chocolate chips in the microwave or in a saucepan over low simmering water until melted. Stir until completely smooth
2. Wash and dry the strawberries but leave their stems on for easier grabbing or use a skewer
3. One at a time use a skewer in the center of one strawberry and dip in the chocolate and twirl around to coat
4. Lay them on a parchment paper lined or wax paper lined baking sheet
5. Coat all strawberries a second time

Serve and enjoy!

Many sweets, including cakes, cookies and candy, tend to be highly processed and full of added sugar, refined flour and saturated fats. But if you swap out a few of those ingredients with healthier, nutritious options, you really can have your cake and eat it too!

This chocolate cake recipe has no refined flour, no refined sugar and an entire can of black beans (added fiber). It's absolutely delicious and you'll never know there's no flour or sugar added.

Healthier Chocolate Cake with a secret

INGREDIENTS

- One 15 ounce can (or 15 ounces, cooked) unseasoned black beans
- 6 large eggs
- 1 tablespoon pure vanilla extract
- ½ teaspoon sea salt
- 6 tablespoons unsalted organic butter OR 5½ tablespoons coconut oil
- ½ cup + 2 tablespoons honey OR Truvia*
- 6 tablespoons unsweetened cocoa powder
- 2 teaspoons baking powder

INSTRUCTIONS

1. Preheat oven to 350 degrees Fahrenheit (163 degrees Celsius)
2. Spray a 9" cake pan with extra virgin olive oil cooking spray, or just grease it with a thin layer of butter
3. Dust cocoa all over the inside of the pan, tapping to evenly distribute
4. Cut a round of parchment paper and line the bottom of the pan, then grease the parchment lightly
5. Alternatively, you can make cupcakes. If you'd like to bake the batter as cupcakes, line 16 cupcake tins with paper liners
6. Drain and rinse beans in a strainer or colander. Shake off excess water
7. Place beans, 3 of the eggs, vanilla, ½ cup Truvia* and salt into blender
8. Blend on high until beans are completely liquefied. No lumps!
9. Whisk together cocoa powder and baking powder
10. In a bowl, use a mixer to cream the butter with 2 tablespoons Truvia until light and fluffy
11. Mix in the two remaining eggs, beating for a minute after each addition
12. Beat the bean mixture the rest of the batter
13. Finally, stir in cocoa powder and water (if using), and beat the batter on high for one minute, until smooth
14. Scrape batter into pan and smooth the top
15. Grip pan firmly by the edges and rap it on the counter a few times to pop any air bubbles
16. If you are baking the cake as a single round layer, bake for 40-45 minutes. If you are baking the batter as cupcakes, bake for 35 minutes. Cake is done when the top springs back when you press on it.
17. Remove cake to a cooling rack to cool for 10 minutes.
18. Turn out cake from pan and flip over again on to cooling rack.

Let cake cool until it reaches room temperature, then cover in plastic wrap. For BEST flavor, let cake sit overnight!

If you are stacking this cake, level top with a long serrated knife, shaving off layers until the cake round is flat and even. Store cake or cupcakes in the refrigerator. For the best flavor and texture, warm the cake to room temperature before serving.

*You can use a blend of Erythritol and stevia in place of Truvia. Use 1 cup + 2 tablespoons of erythritol, and 2 teaspoons of pure stevia extract. Experiment with various combinations of sugar-free sweeteners, if you like. Be sure to combine multiple sugar-free sweeteners for the best flavor profile!

Other Ways to Indulge in Sweets

1. Allow yourself the occasional treat of your choice. Deprivation isn't likely to work. Completely eliminating treats from your diet may backfire, and you may end up craving those foods more.

2. Plan. Consider how many carbs you're getting in your meal, not just in your dessert. That total number should factor into your calculation of what you will have for dessert or a sweet snack.

3. Pay attention to what you drink. You probably know that regular soda, juice, and fruit punch are loaded with sugar, but sports drinks, energy drinks, and bottled tea can also raise blood glucose.

4. Focus on fruit. Not only is fruit delicious enough to satisfy your craving, but it has the added bonus of being healthier, because it has fewer carbs and no added sugar. Fruit has fiber, which is helpful, because it takes longer to digest and is less likely to cause a rapid rise in blood sugar.



**You can have your cake and eat it too.
Eating healthy can include sweet treats ...
it just requires just a bit of planning.**

Sources: Heart.org, healthline.com, ncbi.nlm.nih.gov, californiastrawberries.com, healthyindulgences.com



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