

# SKINNY DIPPING FUN



## Dark Chocolate Delight!

If you're eating chocolate for your health—aren't we all—stick with dark to get the most benefits. Research has shown that including dark chocolate as part of an overall healthy diet may help lower blood pressure, improve cognitive function, control blood sugar, and slow signs of aging.

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Sounds pretty good, right?

Just remember to balance the extra calories by eating less of other things.

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Choose dark chocolate with cocoa content of 65% or higher and try to limit it to around 3 ounces a day. Why not surprise your sweetie with a lower-calorie version of dark chocolate fondue.



## Skinny Chocolate Fondue

Heat 1/2 cup evaporated skim milk in a small saucepan over moderate heat until it just starts to simmer. Add in 1/2 cup unsweetened cocoa powder, 1/4 cup granulated sugar, 2 tablespoons Splenda, and 1 1/2 teaspoons of vanilla. Wisk gently until smooth. Serve immediately with fresh fruit for dipping. Yum!