



Dark Chocolate Desserts

The benefits of dark chocolate are almost endless. Need to spice up your relationship? Dark chocolate can help. Need an emotional boost when the going gets tough? Dark chocolate is your companion. Need stomach or digestive relief? Dark chocolate can help you feel better. Need to lower your blood pressure or prevent heart disease? Dark chocolate is your aid. The recipes in this mini-cookbook are rich in different forms of dark chocolate such as cocoa powder and semisweet chocolate. So, go ahead and enjoy all the health benefits and satisfying flavor this feel-good sweet provides.

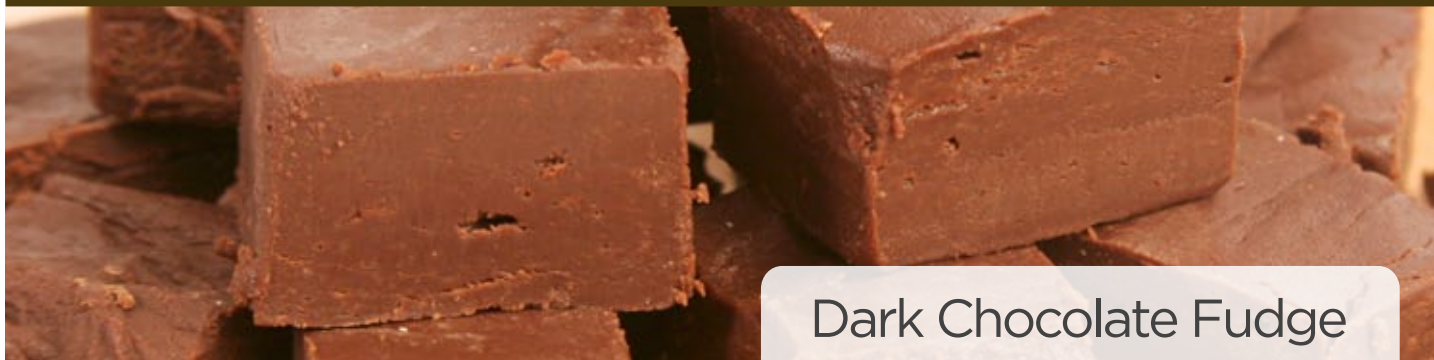
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Dark Chocolate Desserts

Preparation time: 5 min, plus 2 hours for chilling Cooking time: 0 min Servings: 12



Dark Chocolate Fudge

INGREDIENTS

- 1⅔ cups sweetened condensed milk
- 1½ tsp vanilla extract
- ⅛ tsp salt
- 1 cup nuts, chopped
- 3 cups semisweet chocolate chips

COOKING DIRECTIONS

Combine chips, sweetened condensed milk, and salt in a microwave-safe container. Cook on high power for about 3 minutes, or until chips melt, stirring halfway through. Stir in remaining ingredients. Spread evenly into aluminum-foil lined 8 inch square pan.

Chill 2 hours, or until firm. Turn fudge onto cutting board; peel off foil and cut into squares. Store loosely covered at room temperature.

NUTRITION FACTS PER SERVING

Calories 380
% Calories from Fat 47.4%

Total Fat 20g
Saturated Fats 10g
Monounsaturated Fats 7.6g
Polyunsaturated Fats 1.5g

Cholesterol 14mg

Sodium 83mg

Total Carbohydrates 51g
Dietary Fiber 3.4g
Sugar 46g

Protein 6.8g

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Dark Chocolate Desserts

Preparation time: 10 min Cooking time: 35 min Servings: 10



Lowfat Cocoa Brownies

INGREDIENTS

- 1/3 cup cornstarch
- 1/3 cup cocoa powder, European style if available
- 3/4 cup cake flour
- 1/2 cup light corn syrup
- 3/4 cup applesauce
- 1 egg white
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt (necessary)
- 1 tsp vanilla extract
- 2/3 cup sugar
- 1/2 cup evaporated skim milk

COOKING DIRECTIONS

Preheat oven to 350°F. Spray an 8x8 inch or 9x9 inch square pan with nonstick cooking spray. Combine first 7 ingredients in a bowl. Mix thoroughly. Whisk next 2 ingredients in another bowl, and stir in next 3 ingredients. Stir in dry mixture until blended.

Pour batter into prepared pan and bake 35-40 minutes, or until knife inserted in center comes out clean. Cool in pan and cut into squares.

NUTRITION FACTS PER SERVING

Calories 190

% Calories from Fat 2.7%

Total Fat 0.6g

Saturated Fats 0.3g

Monounsaturated Fats 0.2g

Polyunsaturated Fats 0.1g

Cholesterol 0.5mg

Sodium 250mg

Total Carbohydrates 45g

Dietary Fiber 1.4g

Sugar 23g

Protein 2.8g

Dark Chocolate Desserts

Preparation time: 15 min Cooking time: 25 min Servings: 12



Banana Nut Cocoa Bars

INGREDIENTS

- 1½ cups all-purpose flour
- ⅓ cup walnuts, ground
- 1 tsp vanilla extract
- ¼ cup cocoa powder
- ½ cup unsalted butter, softened
- 1 egg
- 1 tsp baking powder
- 3 ripe medium bananas, mashed to equal 1½ cup
- 1 cup sugar
- ½ tsp salt (necessary)
- 1 tsp baking soda

COOKING DIRECTIONS

Preheat oven to 350°F. Beat butter and sugar in a bowl until fluffy. Add egg and vanilla, and continue beating until mixed thoroughly. Stir in the bananas until well blended. Sift flour, baking powder, salt, and baking soda together in a bowl. Add to banana mixture and mix thoroughly. Divide the mixture in half.

Thoroughly mix cocoa into one half of the banana mixture. Spread cocoa mixture into the bottom of a 9x13 inch baking dish that has been coated with cooking spray.

Sprinkle with walnuts. Spoon remaining batter on top and bake 25-30 minutes or until knife comes out clean when inserted in center.

NUTRITION FACTS PER SERVING

Calories 240
% Calories from Fat 37.5%

Total Fat 10g
Saturated Fats 5.4g
Monounsaturated Fats 2.5g
Polyunsaturated Fats 1.5g

Cholesterol 38mg

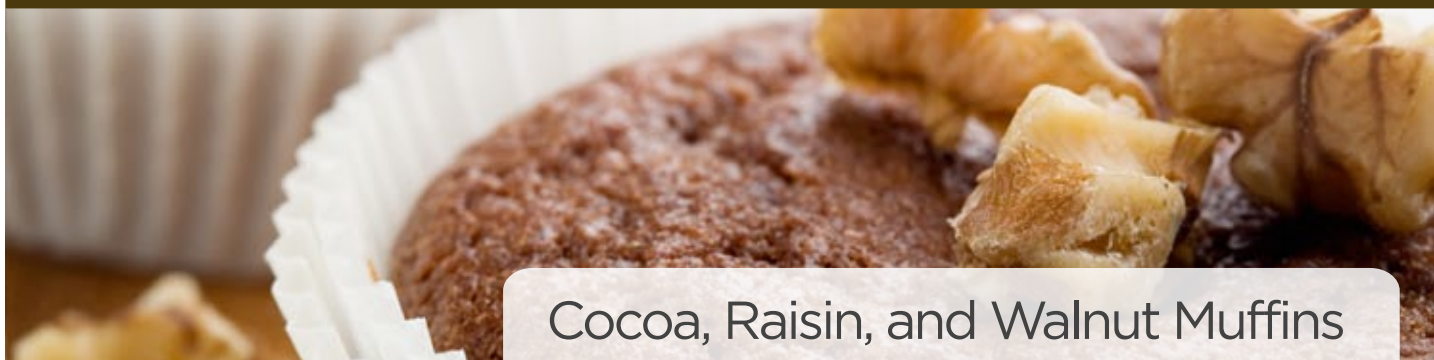
Sodium 250mg

Total Carbohydrates 37g
Dietary Fiber 1.9g
Sugar 21g

Protein 3.3g

Dark Chocolate Desserts

Preparation time: 15 min Cooking time: 25 min Servings: 8



Cocoa, Raisin, and Walnut Muffins

INGREDIENTS

- ¼ cup unsalted butter, softened
- ½ cup sugar
- 1 large egg
- ¾ cup whole grain flour
- ⅛ tsp nutmeg
- 1 tsp baking powder
- 2 tbsp cocoa powder
- ¼ tsp ground cinnamon
- 3 tbsp raisins
- 3 tbsp chopped walnuts
- ¼ cup milk
- ⅛ tsp salt (optional)

COOKING DIRECTIONS

Preheat oven to 325°F. Combine butter and sugar in a mixing bowl. Beat with an electric mixer until mixture is light and fluffy. Add egg and mix thoroughly. Combine whole grain flour, nutmeg, baking powder, cocoa powder, cinnamon, and salt in a mixing bowl.

Remove 1 tbsp flour mixture and toss with raisins and walnuts in another bowl. Add ⅓ flour mixture to egg mixture and mix thoroughly. Stir in half the milk. Add another ⅓ of flour mixture and mix thoroughly. Add remaining milk and remaining flour. Mix again. Stir in nut mixture.

Butter 8 muffin tins or line with paper muffin liners. Spoon batter into prepared muffin tins. Bake 20-25 minutes or until tester comes out clean when inserted in center.

NUTRITION FACTS PER SERVING

Calories 190

% Calories from Fat 43.1%

Total Fat 9.1g

Saturated Fats 4.4g

Monounsaturated Fats 2.3g

Polyunsaturated Fats 1.8g

Cholesterol 43mg

Sodium 110mg

Total Carbohydrates 26g

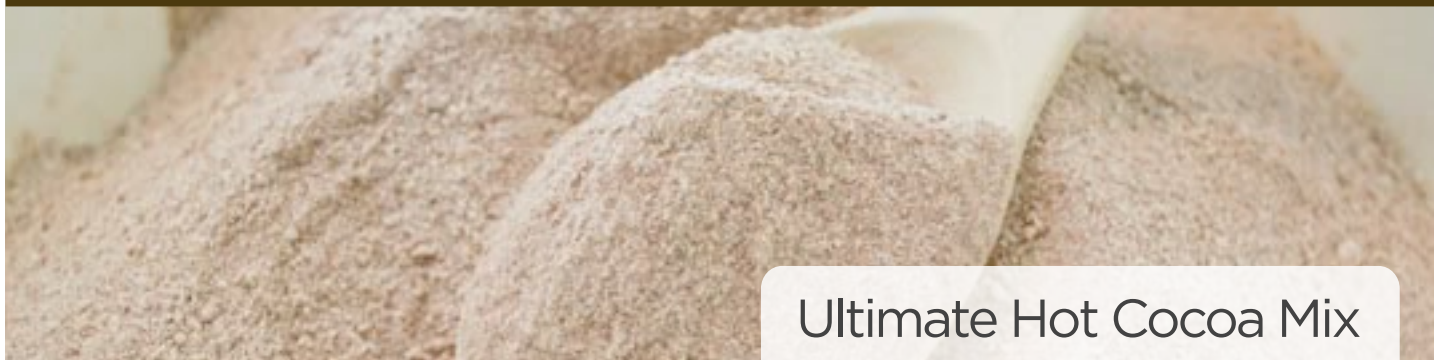
Dietary Fiber 2.3g

Sugar 13g

Protein 3.5g

Dark Chocolate Desserts

Preparation time: 10 min Cooking time: 0 min Servings: 50



Ultimate Hot Cocoa Mix

INGREDIENTS

- 1 cup cocoa powder, unsweetened
- 3¼ cups dry milk powder
- 11 oz non-dairy creamer
- 1 cup confectioner's sugar
- 1 cup sugar
- ½ tsp cardamom (optional)
- ½ tsp salt (optional)

COOKING DIRECTIONS

Mix all ingredients thoroughly and store in a large container with tight-fitting lid. Add 3 tbsp to a standard mug, then add hot water, stirring to dissolve. Use more or less according to taste.

NUTRITION FACTS PER SERVING

Calories 100
% Calories from Fat 42.3%

Total Fat 4.7g
Saturated Fats 3.6g
Monounsaturated Fats 0.8g
Polyunsaturated Fats 0.1g

Cholesterol 8.1mg

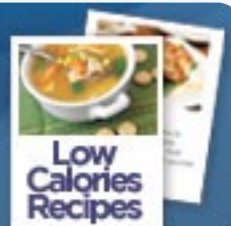
Sodium 66mg

Total Carbohydrates 14g
Dietary Fiber 0.6g
Sugar 13g

Protein 2.8g

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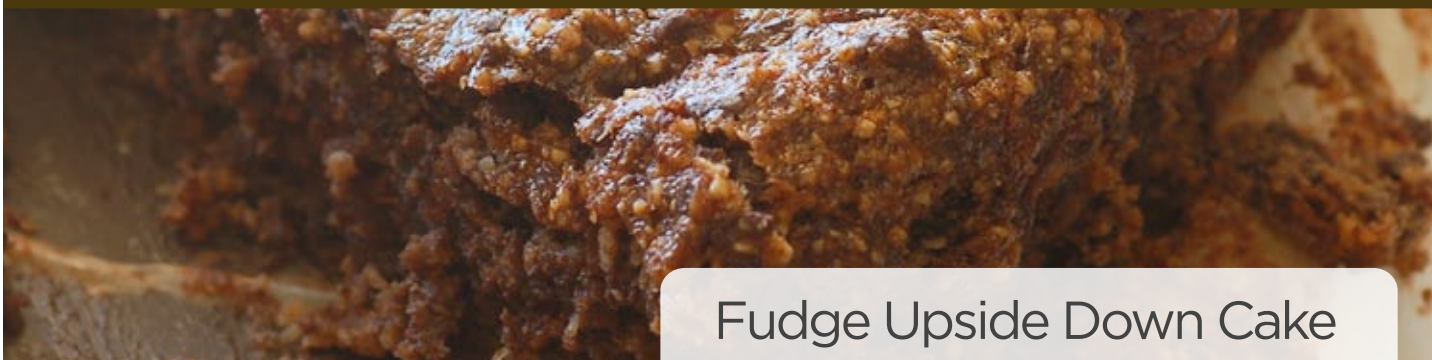


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Dark Chocolate Desserts

Preparation time: 15 min Cooking time: 40 min Servings: 8



Fudge Upside Down Cake

INGREDIENTS

- 1½ cups sugar
- 1 cup all-purpose flour
- ½ cup walnuts, chopped
- 2 tsp baking powder
- ½ cup cocoa powder
- ½ cup lowfat milk, room temperature
- 2 tbsp unsalted butter, melted
- 1 tsp vanilla extract
- ½ oz unsweetened chocolate, melted
- ½ cup brown sugar, packed firmly
- ¾ cup hot water
- ¼ tsp salt (optional)

COOKING DIRECTIONS

Preheat oven to 350°F. Combine 1 cup sugar along with the flour, walnuts, baking powder, and salt in a bowl. Add 3 tbsp cocoa. Combine milk, butter, vanilla, and melted chocolate in another bowl and mix thoroughly. Add to dry ingredients and beat with an electric mixer until well blended.

Pour batter into a buttered 9 inch baking pan and set aside. Combine remaining sugar, brown sugar and remaining cocoa in a mixing bowl. Slowly whisk in hot water. Whisk until smooth.

Gently ladle sauce over cake batter to cover completely. Bake 35-40 minutes or until a tester comes out clean when inserted in center.

NUTRITION FACTS PER SERVING

Calories 360

% Calories from Fat 23.2%

Total Fat 9.3g

Saturated Fats 3g

Monounsaturated Fats 2.4g

Polyunsaturated Fats 3.1g

Cholesterol 8.2mg

Sodium 180mg

Total Carbohydrates 68g

Dietary Fiber 2.8g

Sugar 51g

Protein 5.2g

Dark Chocolate Desserts

Preparation time: 5 min Cooking time: 5 min Servings: 4



Orange Sherbet with Chocolate

INGREDIENTS

- 2 tsp cornstarch
- ¼ cup water
- ½ cup light corn syrup
- ¼ cup cocoa powder
- 2 tbsp confectioner's sugar, sifted
- ½ tsp vanilla extract
- 2 cups orange sherbet

COOKING DIRECTIONS

Combine cornstarch and water in a heavy saucepan. Whisk until mixture is blended. Stir in corn syrup, cocoa powder, and confectioner's sugar.

Place over medium-high heat. Stir frequently until sauce thickens and is bubbly. Remove from heat. Stir in vanilla. Serve sauce over sherbet.

NUTRITION FACTS PER SERVING

Calories 260

% Calories from Fat 8%

Total Fat 2.3g

Saturated Fats 1.3g

Monounsaturated Fats 0.6g

Polyunsaturated Fats 0.1g

Cholesterol 0.7mg

Sodium 62mg

Total Carbohydrates 63g

Dietary Fiber 2.8g

Sugar 33g

Protein 1.9g

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Dark Chocolate Desserts

Preparation time: 15 min Cooking time: 35 min Servings: 16



Chocolate Amaretto Bars

INGREDIENTS

- ½ cup unsalted butter, melted
- 1 cup sugar
- ½ cup all-purpose flour
- ⅓ cup cocoa powder
- 2 eggs
- 2 tbsp almond flavored liqueur or ½ tsp almond extract
- 1¼ cups almonds, ground

COOKING DIRECTIONS

Preheat oven to 325°F. Butter an 8 inch square baking pan. Beat butter and sugar in a bowl until creamy. Add flour, cocoa powder, and eggs; beat well. Stir in almond liqueur and ground almonds. Pour batter into prepared pan.

Bake 35-40 minutes or just until set. Cool completely in pan on a wire rack. Cut into squares.

NUTRITION FACTS PER SERVING

Calories 170
% Calories from Fat 58.2%

Total Fat 11g
Saturated Fats 4.4g
Monounsaturated Fats 4.2g
Polyunsaturated Fats 1.3g

Cholesterol 42mg

Sodium 23mg

Total Carbohydrates 18g
Dietary Fiber 1.6g
Sugar 13g

Protein 3.2g

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Dark Chocolate Desserts

Preparation time: 10 min Cooking time: 5 min Servings: 20



Almond Fudge

INGREDIENTS

- ¼ cup milk
- 1 tsp vanilla extract
- ½ cup cocoa powder
- ½ cup unsalted butter
- 3½ cups powdered sugar
- ½ cup almonds, chopped

COOKING DIRECTIONS

Place first five ingredients in a microwave-safe bowl. Cook on high for about 2 minutes. Remove from microwave and beat until smooth. Stir in almonds.

Pour into a buttered 8 inch square pan. Let cool or refrigerate until firm, then cut into squares.

NUTRITION FACTS PER SERVING

Calories 130
% Calories from Fat 42.9%

Total Fat 6.2g
Saturated Fats 3.2g
Monounsaturated Fats 2g
Polyunsaturated Fats 0.5g

Cholesterol 13mg

Sodium 2.5mg

Total Carbohydrates 19g
Dietary Fiber 1g
Sugar 17g

Protein 1.1g

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Dark Chocolate Desserts

Preparation time: 15 min Cooking time: 20 min Servings: 12



INGREDIENTS

- 12 frozen Texas white rolls, thawed but still cold
- 3 tbsp unsalted butter, melted
- ½ cup chopped pecans
- ⅓ cup chocolate chips, semisweet
- ¼ cup brown sugar
- 1 egg, beaten
- ⅓ cup sweetened flaked coconut (optional)

COOKING DIRECTIONS

Press rolls into 5 inch circles and brush with melted butter. Combine flaked coconut, chocolate chips, brown sugar, and ⅓ cup pecans in a bowl. Place 1 heaping tbsp filling in the center of each roll. Moisten inside edge with finger dipped in water. Fold in half and press edges to seal. With scissors, cut 5 deep claws.

Place on baking sheets coated with nonstick cooking spray. Brush with egg and sprinkle with remaining pecans. Cover with plastic wrap and let rise 30 minutes. Preheat oven to 350°F. Remove wrap and bake 18-20 minutes.

NUTRITION FACTS PER SERVING

Calories 220

% Calories from Fat 45%

Total Fat 11g

Saturated Fats 4.3g

Monounsaturated Fats 4.4g

Polyunsaturated Fats 1.6g

Cholesterol 43mg

Sodium 210mg

Total Carbohydrates 26g

Dietary Fiber 2.1g

Sugar 7.5g

Protein 4.6g

Dark Chocolate Desserts

Preparation time: 5 min Cooking time: 0 min Servings: 16



Cold Mocha Mojo

INGREDIENTS

- 4½ cups chocolate ice cream, softened
- 8 cups cold coffee
- 2 cups half and half
- 1 tsp almond extract
- ⅛ tsp salt
- 1 semisweet chocolate square, grated
- ¼ tsp ground cinnamon

COOKING DIRECTIONS

Using a mixing bowl or food processor, gently blend the ice cream and half the coffee. Pour into a bowl or punch bowl. Add remaining coffee, half and half, almond extract, and salt. Blend well.

Top with the grated chocolate and cinnamon.

NUTRITION FACTS PER SERVING

Calories 130

% Calories from Fat 58.8%

Total Fat 8.5g

Saturated Fats 5.3g

Monounsaturated Fats 2.5g

Polyunsaturated Fats 0.3g

Cholesterol 24mg

Sodium 62mg

Total Carbohydrates 12g

Dietary Fiber 0.8g

Sugar 9.4g

Protein 2.7g

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