

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR LESS



1 Quick Recipe: You Won't Believe These Moist and Fudgy Brownies are LIGHT!

Perfect Snack or Dessert:

Decadent Dark Chocolate Brownies

1 Cup Whole Wheat Flour
 ½ Cup All Purpose Flour
 1 Cup Unsweetened Cocoa Powder
 1 TB Espresso Powder
 1 Tsp Baking Powder
 8 Egg Whites
 14 Pitted Prunes*
 ½ Cup Reduced Fat Buttermilk
 1 TB Vanilla Extract
 1 Cup Dark Agave Syrup
 1 Bar (3.5 oz) 60% (or More) Dark Chocolate, Broken into Small Pieces
 1 Cup Coarsely Chopped Toasted Walnuts

Step One Preheat the oven to 350F. Line a 9" x 12" pan with parchment paper and lightly coat it with

non-stick cooking spray.

Step Two In a large bowl, whisk together the flours, cocoa, espresso powder and baking powder.

Step Three In another bowl, whisk together egg whites until foamy; add the prunes, buttermilk, extract and agave. Pour it into the flour mixture and blend well. Stir in the chocolate.

Step Four Spread the batter in the prepared pan and sprinkle with the walnuts. Bake 35 minutes or until a toothpick inserted near the center comes out with just a few crumbs.

**To prepare the prunes, soak them in 2 cups very hot tap water for 30 minutes, or until soft. Drain well, and puree in a food processor or blender.*

You need about ½ cup of pureed prunes for the recipe.

2 Kitchen Smidgen

It's amazing, but espresso powder actually brings out the dark cocoa flavors in chocolate. Instead of adding more sugar or fat for flavor, you can add espresso powder for deep rich chocolate desserts!

3 Get Creative

Light or Nonfat Buttermilk gives breads, brownies and cakes a tangy clean taste without adding much fat. And, it's an acidic ingredient, like yogurt and sour cream, so it helps tenderize the gluten in the batter, giving baked goods a softer texture.

4 WINE of the Week

NV Cockburn Fine Ruby Port
 Portugal

Total Wine around \$13.00

Lots of chocolate treats taste delicious paired with a Ruby Port! The flavor of Cockburn's is often described as licorice and prunes with aromas of dark cherries and blackberries. Sweet and fruit forward, this three year old, matured in cask port, is a good example of the bright berry taste of a non vintage ruby port. Make sure to serve it slightly below room temp, 57-62F. Because it's a fortified wine, (a ABV of 20%), the chill will knock out any harsh taste of alcohol.