



CAN PROCESSED FOODS BE HEALTHY?

There are a lot of conflicting messages about what processed food is. Most of the food we eat today has been processed in some way, from salad mix to frozen dinners. Some processed foods have ingredients added, some are fortified to add nutrients, some are prepared for convenience, even foods labeled "natural" or "organic" can be processed. What do you need to know?

1. Minimally processed foods have been manipulated (cut, cooked, packaged) in some way.
2. Some foods are processed with ingredients typically used in cooking, such as salt or sugar.
3. Highly processed foods are manufactured with ingredients that are not typically used in cooking.



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Fudge Brownies

Ingredients

- Cooking spray
- 1/2 cup corn oil - OR - 1/2 cup canola oil
- 15 drops chocolate-flavored liquid stevia sweetener
- 1/4 teaspoon salt
- 1/2 cup unsweetened cocoa powder
- 3 large eggs
- 1 cup all-purpose flour
- 1/2 cup slivered or sliced almonds, optional
- 3/4 cup stevia sugar blend

Directions

1. Preheat the oven to 350°F. Lightly spray an 8-inch square baking pan with cooking spray.
2. In a large bowl, stir together the stevia sugar blend, oil, liquid stevia sweetener, and salt until well blended.
3. Add the cocoa powder. Stir together until well blended. Add the eggs, one at a time, blending well.
4. Gradually add the flour, stirring just until no flour is visible. Stir in the almonds.
5. Spoon the batter into the pan. Bake for 25 to 30 minutes, or until the brownies start to pull away from the pan and a wooden toothpick inserted into the center comes out clean.
6. Transfer the pan to a cooling rack. Let cool completely.

 16 Servings  164 Calories Per Serving  3g Protein Per Serving  1g Fiber Per Serving

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