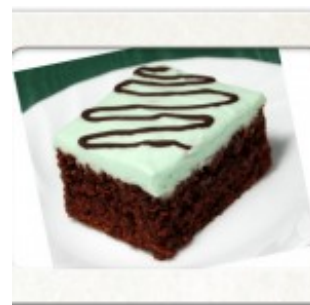


Chocolate Squares Recipe

naturallysweet.com.au/blog/xylitol-chocolate-squares-recipe/

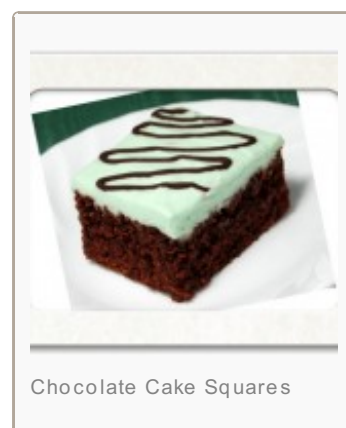
Ingredients:

2 cups whole wheat pastry flour 1/4 cup unsweetened cocoa powder 2 teaspoons of unsifted baking soda 1/2 teaspoon salt 4 tablespoons unsalted butter, melted 1/2 cup water 6 tablespoons prune puree* 1/4 cup unsweetened applesauce 3/4 cup reduced-fat sour cream 1 teaspoon vanilla extract 2 eggs, separated 1 3/4 cups [Naturally Sweet Xylitol](#)



Method:

Combine flour, cocoa powder, baking soda, and salt in a medium bowl and set aside. In another bowl, mix together melted butter, water, prune puree, applesauce, sour cream, vanilla extract, and egg yolks. In a large bowl, beat egg whites with mixer until soft peaks form; gradually add xylitol and beat until peaks are stiff but not dry. Using a spatula, gradually fold dry ingredients into beaten egg whites alternately with liquid ingredients, and stir just until batter is smooth. Transfer the batter to a 9" x 13" baking pan that has been buttered, lined with parchment paper, and buttered again. Bake at 350 degrees for 25 minutes or until toothpick inserted in centre comes out clean.



* Prune Puree: In blender, combine 1/2 cup pitted prunes and 1 cup water. Process on high for several minutes, or until mixture is smooth. This yields 1 1/2 cups.

Yield: 24 servings **Nutritional Analysis:**

Per serving: Calories: 99.3 Carbs: 19.9 g Fiber: 1.1 g
Fat: 3.6 g Sodium: 165.1 mg Net Carbs: 6.5 g

Recipe From *Sweeten Your Life the Xylitol Way*

<http://www.karenshealthykitchen.com>