



Easy 5-ingredient dark chocolate soufflés

Makes 5 servings

Ingredients

- 4 large eggs
- ½ cup semisweet chocolate chips
- ¼ tsp instant coffee
- 1 Tbsp cocoa powder, preferably Dutch-processed
- 2 Tbsp granulated sugar
- Additional cocoa powder or powdered sugar (optional)

Instructions

1. Preheat oven to 400°F. Lightly spray five 6-ounce ramekins with baking spray and place them on a sheet pan.
2. Separate the eggs, placing the egg whites in one large bowl and two yolks in another small bowl (toss the remaining yolks or save them for another use).
3. Place the chocolate chips in a small microwave-safe bowl and heat for 1 to 1½ minutes or until chips are partially melted and appear shiny. Remove and stir. Set aside. In a medium bowl, whisk together 3 tablespoons warm water, instant coffee, and cocoa powder. Whisk in the two egg yolks. Add the melted chocolate and whisk until smooth.
4. With an electric mixer on high speed, beat the egg whites until foamy. Gradually add sugar and beat to stiff, but not dry, peaks. Gently fold half the chocolate mixture into the egg whites, taking care not to deflate the egg whites. Repeat with the remaining chocolate mixture.
5. Fill the ramekins and place the pan in the oven on the center rack. Bake for 9 to 11 minutes or just until firm to the touch. Dust with cocoa powder or powdered sugar, if desired, and serve immediately.

Note: You can substitute 3 tablespoons brewed coffee for the ¼ teaspoon of instant coffee and water. You can also add ½ teaspoon of almond, vanilla, or orange extract if desired. For a more intense chocolate flavor, use bittersweet chocolate.

Calories	Carbs	Total Fat	Sat. Fat	Cholesterol	Sodium	Fiber	Protein
160	17.5	9 g	3.5 g	170 mg	55 mg	1 g	6 g



Chocolate yogurt mousse & berries

Makes 1 serving

Ingredients

- 1 (5 oz) container low-fat plain Greek yogurt
- 2 tsp unsweetened cocoa powder
- 2 tsp honey
- ¼ cup berries

Instructions

1. Combine yogurt, cocoa powder, and honey.
2. Serve with berries.

Calories	Carbs	Total Fat	Sat. Fat	Cholesterol	Sodium	Fiber	Protein
150	23 g	4 g	2 g	10 mg	72 mg	2 g	18 g