

3 MARCH



**Low-Fat Fudgy Brownies**

- Vegetable cooking spray
- 1 cup all-purpose flour
- 1 cup firmly packed brown sugar
- ¼ cup unsweetened cocoa powder
- ½ teaspoon baking powder
- ¼ teaspoon salt
- 2 egg whites
- ¼ cup unsweetened applesauce
- ¼ cup reduced-fat sour cream
- ¼ cup nonfat milk
- 1 teaspoon vanilla extract
- ¼ cup mini chocolate chips

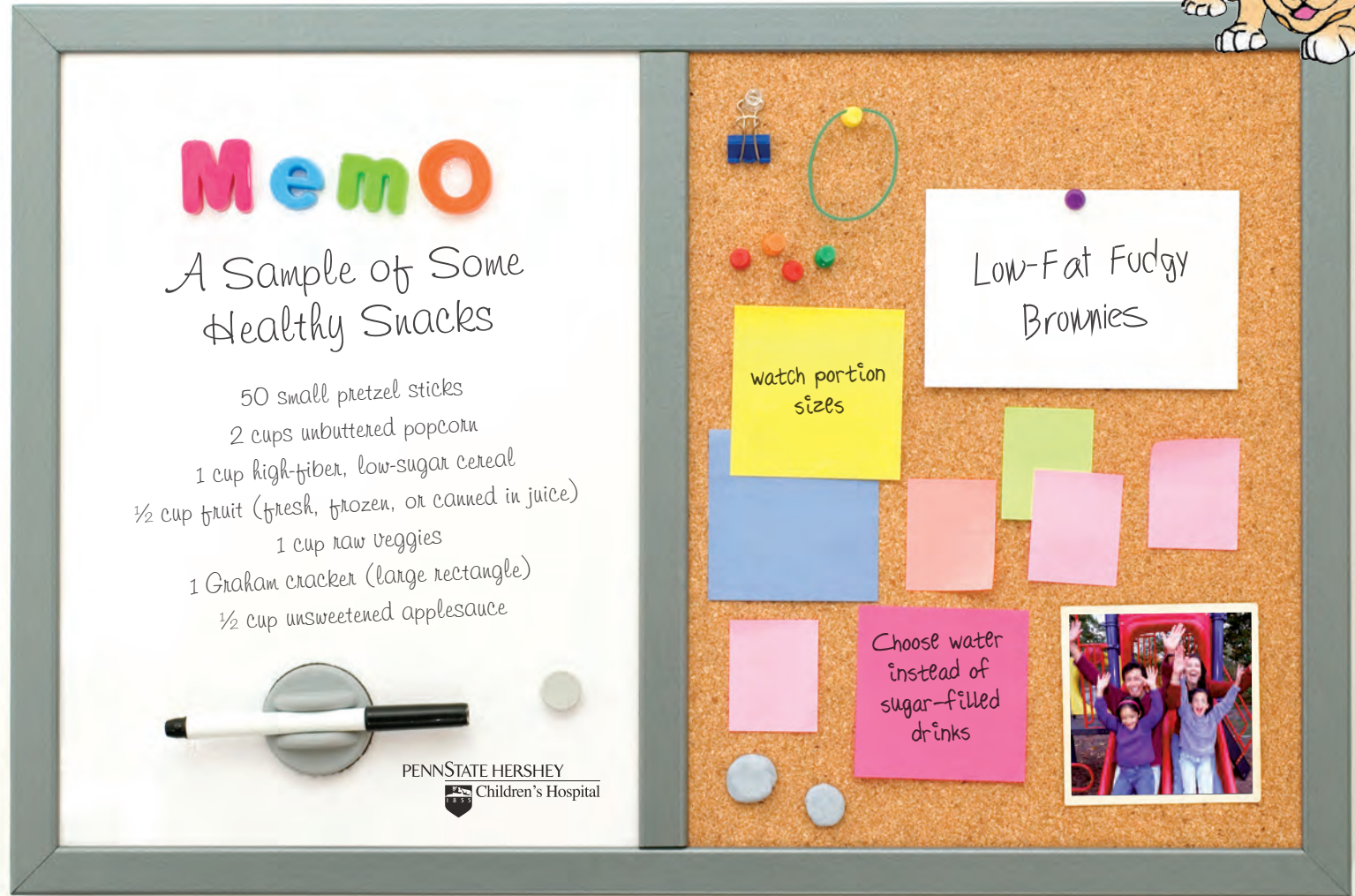
Preheat oven to 350°. Coat an 8-inch square or round baking dish with cooking spray. In a medium bowl, combine flour, sugar, cocoa powder, baking powder, and salt; set aside.

In another medium bowl, stir together egg whites, applesauce, sour cream, milk, and vanilla. Add dry ingredients and mix until just moist. Stir in chocolate chips. Pour mixture into baking dish. Bake for 25 to 30 minutes or until sides pull away from edges of pan and a wooden pick inserted in center comes out clean. Remove from oven, and let cool completely on a wire rack.

**Yield: 16 brownies**

**Nutrition Facts per Serving:**

Calories 108 (13% from Fat), Fat 2 gm, Protein 2 gm, Carbohydrate 23 gm, Fiber 1 gm, Cholesterol 1 mg, Sodium 54 mg



Look for exercise guidelines, menu planner, and a nutrition/exercise log in the back of the calendar.

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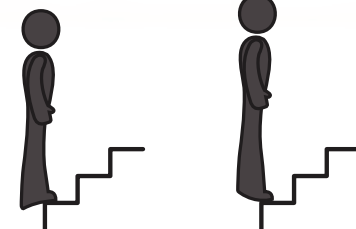


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Heel Raises



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Try whole wheat pasta	Jump rope for 1-3 minutes	Eat an appetizer as your meal when eating out	Kick a soccer ball with friends or family	Make your own 100-calorie snack bags	Play catch with your family	Try frozen unsweetened berries
Play "Hopscotch" with your family	Eat an orange or purple vegetable	Go for a 20-30 minute walk	Choose leaner lunch meats, like turkey or ham	Dance to your favorite song	Stop eating after 9:00 p.m.	Do 20-30 heel raises (pictured above) (Repeat 2-3 times)
Try a new low-calorie salad dressing	Play "Mother May I" with your family	Try baked chips	Play with a hula-hoop	Sneak veggies into sandwiches	Play flash light tag	Skip fried foods—try grilled
Wash a car	Pack a healthy lunch for 1 week	Do 20-30 crunches (Repeat 2-3 times)	Eat a cereal with at least 3 grams of fiber	Jog in place for 3 minutes (Repeat 2-3 times)	Make a low-fat brownie recipe (recipe above)	Go for a long walk with your family
Resign from the "Clean Your Plate Club"	Do 10-30 chair squats	Don't eat second helpings	Kick around a ball	Drink 8 oz. of nonfat milk for a snack	Jump rope for 1-3 minutes to music	Trim visible fat from meat

THIS MONTH'S HEALTHY DINING OUT TIP: Beware of high calorie foods on

salad bars: like bacon, nuts, croutons, olives, and cheese.