



COCOA POWER

Indulge your sweet tooth with a major jolt of antioxidants: Two tablespoons of natural cocoa have more of the heart-healthy cancer fighters than four cups of green tea, one cup of blueberries or one and a half glasses of red wine. To learn other surprising ways this dessert favorite can keep you healthy (think lower blood pressure, to start), check out the new book *Chocolate—A Healthy Passion* by registered dietitians Shara Aaron and Monica

Bearden, \$20, at bookstores.

« FC Fave

Around here we're as susceptible as anyone to the 4 p.m. slump, but we power through with Sweetriot's 100% cocoa nibs. These all-natural

bites of cocoa beans are dipped in 50%, 65% or 70% decadent dark chocolate.

The best part: each piece is only 1 to 2 calories! We also love the cute, recyclable tins; \$16-\$20 for a three-pack at sweetriot.com.



the scoop on flour

Flour is a must for a well-stocked pantry, but one type *doesn't* fit all. Keep these varieties on hand so you can rise to any baking occasion.

Pick	Best for	Try this
All-purpose	The all-around baker. Use the unbleached variety for yeast breads, puff pastry and strudel. The softer bleached flour is best in more delicate items like piecrusts, cookies and pancakes.	If a recipe calls for bread or cake flour, this type works in a pinch. (Sweet: for every cup needed, add 1 more tablespoon of all-purpose flour. Cake: for each cup of flour, substitute 1 tablespoon.)
White whole-wheat	The healthy eater. Substitute for all-purpose flour—you'll get the same sweet flavor, plus extra fiber and health boosts.	Replace $\frac{1}{3}$ of the all-purpose flour with this healthier option. As you get used to the coarser texture, swap in more.
Cake	The serious baker. A must for tall, tender layer cakes and some quick breads, muffins, pastries and cookies.	It's best to sift other ingredients like salt and baking soda with this fine-textured type, so they're evenly distributed.



 WHAT IS...

chipotle

(chee-POTE-lay)

» A ripe jalapeño pepper, smoked and dried to give it a rich, smoky flavor.

You've seen it: At your favorite Mexican restaurant. Our take: We're hot for this simple, affordable way to spice up dinner staples like stews and chilis. Try this: Look for La Costeña's canned chipotles in adobo sauce in the international aisle of your supermarket. Add one chipotle pepper and two teaspoons of adobo sauce to a slow-cooker recipe or any savory sauce to amp it up effortlessly.

Source:
 AllRecipes.com
 Eating in & Out Survey

