

# Elizabeth's Healthy Pick of the Week



## Russell Stover Sugar Free Dark Chocolate Mint Candy Bar



### Why It's Healthy

- Sugar free
- Diabetic friendly
- Low sodium

Dark Chocolate is an excellent source of antioxidants. It contains plant phenols known to lower blood pressure. Enjoy a yummy Russell Stover Sugar Free Dark Chocolate Mint Candy Bar and reap dark chocolate's healthy benefits.

### Ice Cream with Dark Chocolate Sauce



**Ingredients | 8 servings | Active Time:** 10 minutes | **Total Time:** 10 minutes

6 ounces finely chopped Russell Stover Sugar Free Dark Chocolate Mint Candy Bar 6 tablespoons water	2 1/2 tablespoons sugar Dash of salt 6 cups vanilla fat-free ice cream
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### Preparation

1. Place chocolate in a large bowl; set aside.
2. Combine water, sugar, and salt in a small saucepan over medium-high heat; bring to a boil, stirring until sugar dissolves. Pour hot sugar mixture over chocolate; stir gently until smooth. Spoon 3/4 cup ice cream into each of 8 bowls; top each serving with 2 tablespoons sauce.

### Nutrition

Calories: 256, Fat: 9.1g, Saturated fat: 4.6g, Protein: 6g Fiber: 3g, Sodium: 116mg

Recipe From <http://www.cookinglight.com>

Recipe Provided by Elizabeth M. Madison, **Holiday Farms** In-Store Registered Dietitian.

Want more recipes or meal planning ideas? Contact Elizabeth at: [emadisonrd@gmail.com](mailto:emadisonrd@gmail.com) or call 718-598-0617