

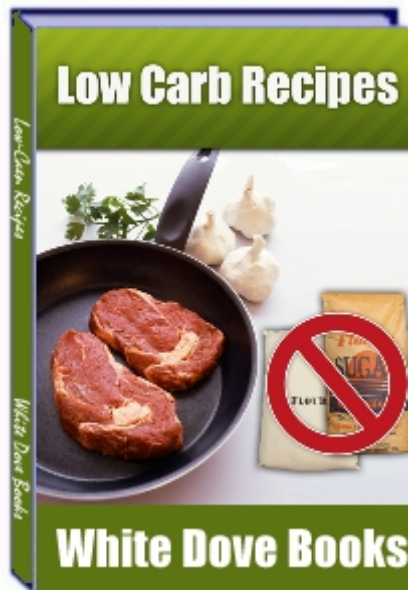
Low Carb Recipes

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Introduction

Now you're reading this book, odds are pretty good that you have made the decision to eat healthier and, most likely, to lose weight as well.

Scientific studies have shown that a low carbohydrate diet is one of the safest, fastest, and most effective ways to lose weight.

In order for your low carbohydrate diet to be healthy, though, it is important that you follow some common sense guidelines.

You don't need to ban all carbohydrates from your diet, just the overly-refined carbohydrates that are unhealthy and contain empty calories.

Vegetables and fruits contain carbohydrates and are absolutely an important part of a healthy diet. People who live in cultures where it is traditional to eat several helpings of fruits and vegetables a day have much longer life expectancies and far lower rates of cancer, diabetes, and heart disease.

What you should cut out of your diet, or eat in small portions as an occasional indulgence:

- White Sugar
- High Fructose Corn Syrup
- White Flour
- White Rice
- Anything made with the above ingredients, such as cakes, donuts, pies, white bread, sweetened drinks, breakfast pastries, pop tarts, cookies, etc.

Carbohydrates that should be included in your diet include:

- Vegetables of all kinds, including green leafy vegetables, red and yellow peppers
- Onions, scallions, and other flavorful vegetables which jazz up your main dishes and side dishes without adding unhealthy carbs

- Fruits such as strawberries, blueberries, grapefruit, melon, raspberries, etc.
- Whole grains in moderation
- Potatoes and yams and other starchy vegetables in moderation
- Cheese and dairy in moderation, particularly flavorful cheeses like goat cheese which can be crumbled onto salad, nonfat ricotta cheese, low-fat mozzarella, and other cheeses. They provide protein and calcium and flavor.

Also, when you are choosing the proteins that will make up the bulk of your diet, it is advisable to choose a variety of proteins. Don't just rely on red meat. Chicken is a healthy, high protein, low fat alternative, and fish is also a very healthy source of protein.

Fatty fish such as salmon or mackerel include heart-healthy Omega 3 and Omega 6 oils, and many nutritionists recommend that you eat several servings a week of these types of fish.

When you are cooking, whether it be protein or vegetables, there are some cooking oils that are known to be healthier than others. Extra Virgin olive oil - the least processed, healthiest kind - and walnut oil are both very heart-healthy choices and should be used instead of butter or in addition to butter whenever possible.

To add flavor without racking up the calories or carbohydrates, turn to your spice rack for some zesty assistance.

Herbs, spices, salt and pepper, garlic, chives, onions, vinegar, lemon and lime, are excellent alternatives to sweetened high carbohydrate sauces. You'll want to set those sugary barbecue sauces and steak sauces aside when cooking your healthy high protein low carbohydrate recipes.

Other alternatives that we suggest:

- Mashed Cauliflower instead of Mashed Potatoes
- Splenda instead of Sugar - you can cook with it, too
- In cooking, unsweetened soy milk instead of regular milk.

If you're making lasagna, use spaghetti squash or eggplant instead of pasta.

For salad dressings, rely on vinegar, mustard, olive oil or walnut oil, and spices; stay away from most commercial salad dressings which contain a lot of sugar and corn syrup.

Chapter One: Steak and Pork Dishes

Beef and steak dishes are a popular addition to many low carbohydrate diets, and for good reason. Beef is high in protein, B vitamins, iron and calcium, and also, studies have shown that people who eat high protein meals feel fuller than they do when eating meals that have the same calorie content but less protein.

Beef does not have any carbohydrates; however, many store-bought toppings like barbecue sauce and steak sauce do contain carbohydrates and can turn a healthy meal into a sugary diet nightmare.

Most beef recipes are fairly high in fat. Humans need some fat in their diet, but it's not a bad idea to alternate beef recipes with seafood recipes, tofu, and other healthy high protein recipes.

Here are some healthy recipes that are either low carb or no carb:

CROCKPOT GARLIC AND PEPPER SIRLOIN STRIPS

This dish is high in protein and calcium. Olive oil is a healthy addition, because it is associated with lower rates of heart disease and cancer when eaten regularly.

Ingredients

Two pounds of beef sirloin cut into strips

Two tablespoon olive oil

One half cup of chopped onion

One cube of bullion

one tablespoon of soy sauce

one teaspoon of salt

Two teaspoon of garlic powder

One can of stewed tomatoes

Two tablespoons whole wheat flour

One large green or red bell pepper, chopped into small squares

Cooking Directions

Sprinkle the garlic powder over the strips of sirloin. Heat the olive oil in a skillet over medium heat, and then cook the strips of sirloin until they are nicely browned. Take the sirloin strips out of the skillet and place the sirloin in a crockpot.

Dissolve the cube of bullion in a one quarter cup of hot water, and then mix in the flour as a thickening agent.

Pour the bullion and flour mixture into the crockpot over the sirloin strips. Then add in the tomatoes, chopped onion, and soy sauce, and salt. Cook on high for two hours. Add the peppers; if you put them in at the beginning, they tend to get mushy. Cook for an additional hour.

BALSAMIC VINAIGRETTE MARINATED STEAK, GRILLED

Ingredients

Two sirloin steaks, about one inch thick

Balsamic Vinaigrette:

1/4 cup balsamic vinegar

1/2 cup olive oil

one tablespoon mustard

one teaspoon of chopped basil

one crushed garlic clove

one quarter teaspoon salt

one quarter teaspoon pepper

Cooking Directions

Set aside steak. Whisk the other ingredients together until blended.

Pour the marinade in a plastic bag and put the steaks in the plastic bag. Seal the bag and shake it several times to make sure that the steak is thoroughly coated. Refrigerate for an hour, allowing steak to marinate.

Grease the grill and heat it. Put marinated steak on the greased, heated grill, and brush the steak with the marinade mixture to coat it and keep it moist. Cook steak six to eight minutes on each side or to desired level of doneness, brushing with marinade after turning steak over to ensure that the flavor is distributed evenly.

SAUTEED LIME OR LEMON PORK

Pork, referred to as “The Other White Meat” is high in protein and calcium. The addition of olive oil makes this an especially flavorful and healthy dish.

Ingredients:

One pound pork tenderloin

One quarter cup of olive oil

One half cup whole wheat flour

Salt and pepper to taste

Half a cup of dry white wine

One quarter cup of capers in brine

one quarter cup of lemon or lime juice

Cooking Directions

Freeze the tenderloin for 20 minutes; then slice it into half inch thick slices. (Freezing makes it easier to slice it.)

Sprinkle salt and pepper to taste on the pork chop slices.

Dust the pork chop slices with the whole wheat flour, coating both sides of the tenderloin slices. Coat the pork chop slices lightly; more flour means more carbs. Remember to use whole wheat flour rather than white flour.

Heat the olive oil in a large skillet over medium heat.

Put the pork chops in the skillet once the oil is sizzling hot.

Cook the pieces a few minutes per side, until they are browned. Check for doneness; pork chops should be cooked all the way through. Remove the slices of pork chop and place them on a platter.

Pour the white wine, lemon or lime juice, capers and brine into the skillet. Heat over medium high heat for three to five minutes.

Pour the resulting sauce over the pork chops and serve.

ROAST GARLIC PORK

Garlic was once believed to be a cure for the black plague! These days, we know that's not true, but it is known to have a wide variety of health benefits as well as providing pungent flavor.

Ingredients

One pork loin roast, boneless, two to three pounds

Salt and pepper to taste

Three tablespoons chopped fresh rosemary

Two tablespoons chopped fresh parsley

Two minced garlic cloves

One half cup dry white wine

One half cup chicken stock

Cooking Directions

Preheat oven to 450 degrees.

Mix together fresh rosemary, fresh parsley, garlic cloves, salt and pepper, and rub them on the pork loin roast.

Pour the white wine and the chicken stock into a bowl.

Put the pork loin roast in an oven-safe pan with the fatty side up.

Pour half of the white wine and chicken stock over the pork loin roast. Put the roast in the oven and cook for 15 minutes. Cooking at the high heat will sear the outside of the roast and give it a nice crispy texture.

Then lower the temperature to 325 and cook for an hour. Pour the rest of the white wine and chicken stock mixture over the pork roast.

Cook for another half hour or until done. Check with a meat thermometer to make sure that the internal temperature of the pork roast reads 150 degrees, to ensure that the meat is safely and thoroughly cooked.

Remove the pork roast from the oven, and serve.

Chapter Two: Poultry Dishes

Chicken is high in protein and vitamin B6, low in calories, low in fat, and can be prepared in numerous ways - broiled, roasted, fried, grilled...what's not to love?

Here are some high protein, low carbohydrate chicken recipes for you to enjoy while slimming down. There's no need to deprive yourself just because you want to be healthier!

SOY LEMON CHICKEN

Chicken is low in fat and high in protein and calcium. Plus grandmothers everywhere know that it has magical cold-curing properties.

Olive oil and garlic make this dish flavorful and extra healthy.

Use low-sodium soy sauce if you are watching your sodium intake.

Ingredients

One tablespoon olive oil

One garlic clove, chopped up

A pinch of chili powder

one teaspoon Splenda

1/4 cup water

1/4 cup lemon juice

Two pounds of chicken thighs

One half cup of soy sauce

Cooking Directions

Heat oil in nonstick skillet for two or three minutes on medium heat.

Put chicken thighs in skillet and cook for a few minutes, turn over and cook the other side for a few minutes, until nicely browned on each side.

Remove the chicken from the skillet and set aside on a plate.

Put garlic, lemon juice, water, splenda, soy sauce, and chili powder in the pan, cooking it on medium heat in the oil that remains in the pan.

Put the chicken back in the skillet and cover the skillet. Turn down the heat to medium low. Cook for about 20 minutes, then check chicken for doneness. Chicken should not be at all pink or bloody inside. Remove the chicken from the pan when it is no longer pink inside, and serve.

HERB BUTTER CHICKEN

Herbs are healthy and flavorful and full of vitamins and minerals. You can't go wrong with this low fat, low carb high protein recipe.

Ingredients

Three to four pounds of chicken parts - legs, breasts, thighs, etc.

Salt and pepper to taste

Sliced lemon

One tablespoon of chopped chives

One tablespoon of chopped dill

One tablespoon of chopped rosemary

One tablespoon of chopped cilantro

One tablespoon of chopped tarragon

One stick of butter

Cooking Directions

To make the herbed butter, let the stick of butter soften at room temperature, and then mix up the chopped herbs with the butter in a mixing bowl.

Preheat broiler to 375.

Put chicken in a foil lined pan. Rub half of the herb butter over the chicken. Cook chicken for about twenty minutes. Rub the rest of the herb butter all over the chicken. Cook for another ten minutes and then test for doneness.

GINGER CILANTRO CHICKEN

Ingredients

Four boneless chicken breasts

One tablespoon of sesame oil

Juice from one lemon

One tablespoon chopped up fresh ginger

Four tablespoons of fresh chopped up cilantro

Pinch of salt and pepper

Cooking Directions

Mix the lemon juice, ginger, cilantro, sesame oil, salt and pepper together and brush over the chicken breasts. Put on a plate and marinate the chicken in the refrigerator for one hour to let the flavor soak in.

Preheat broiler to 375. Put chicken breasts on foil lined rack and broil three to five minutes, then turn over and grill for another three to five minutes. Check for done-ness. Chicken breasts are generally thin and cook quickly; you do not want to overcook them and end up with overly tough meat. However, you do not want to undercook them and end up with undercooked poultry which can cause illness when eaten.

LOW CARB CHILI CHICKEN STRIPS

Most recipes for chicken strips involve rolling the strips in bread crumbs or crushed corn flakes or lots of flour. Delicious, yes, but also unnecessarily high in carbohydrates. Why take a healthy meat and coat it in carbs? Here is a spicy and delicious alternative.

Also, chili contains capsaicins, which when eaten regularly reduce incidents of thrombosis and promote healthy blood flow. Also, in cultures where chili is consumed regularly, the death rate from cancer is considerably lower.

Ingredients

One pound of chicken breasts, cut into two inch wide strips. Freeze chicken briefly for firmness before cutting - ten minutes should do - and make sure to cut the chicken with a sharp knife.

Two tablespoons chili powder

One quarter cup of shredded parmesan cheese

Salt and pepper to taste

One half stick of butter

Three cloves of chopped up fresh garlic

Two tablespoons chopped up basil

Cooking Directions

Melt butter in pan with garlic and basil, stirring over medium heat for a few minutes. Put in the chili powder.

Pour the mixture over the chicken strips.

Preheat broiler to 375. Put chicken strips on foil lined pan and cook for five to eight minutes on one side, then turn over and cook for five to eight minutes on the other side. Again, check to make sure it is appropriately done, not over cooked and not undercooked. Remove from oven when done and serve.

Chapter Three: Low Carb Side Dishes

If you're eating a good, healthy, low carb main dish, good for you!

But you don't want to sabotage all of your efforts with a carb laden side dish, now, do you?

So here are some appetizing low carb side dishes that go along with the high protein, low carb main dish recipes that we have given you.

ROASTED RED AND YELLOW BELL PEPPERS

Incredibly simple, healthy and delicious, this dish adds color, flavor, and vitamins to your main meal. Peppers contain Vitamin B, Vitamin C, folate, potassium, Beta-carotene, Bioflavonoids, and are also high in fiber. They're like a jar of vitamins, only much tastier and more filling.

Ingredients

Two red peppers, cut into strips

Two yellow peppers, cut into strips

Ten garlic cloves, chopped up

Three tablespoons olive oil

A pinch of salt

Cooking Directions

Preheat oven to 400 degrees.

Place peppers in an oven-safe pan lined with tinfoil.

Pour oil over the pepper strips and scatter garlic pieces over them.

Roast for 15 to 20 minutes.

Summer Squash Medallions cooked in butter

Healthy vegetables with added flavor.

Ingredients

Two pounds of summer squash

Three tablespoons of butter

Salt and pepper to taste

Three tablespoons chopped up mint leaves

One tablespoon Splenda

Cooking Directions

Slice the squash into one half inch thick round medallions. Sprinkle the salt and pepper on it.

Heat the butter in a saucepan, until melted and bubbling hot. Place the Squash in the butter, and then put in the Splenda.

Cook for 10 or 15 minutes, until the squash is tender. Stir in the mint leaves, cook for another minute or two, and then remove from heat. Serve.

ROASTED GARLICKY EGGPLANT

This dish is satisfying, filling and flavorful. Eggplants are rich in antioxidants which are considered to have a role in reducing rates of cancer, and have calcium, magnesium, and vitamins A and B. Garlic has been shown to increase blood flow and improve cardiovascular health, and also is rich in antioxidants.

Ingredients

One large eggplant

One pinch of salt

Three tablespoons of olive oil

One chopped up garlic clove

Three tablespoons chopped up basil

Three tablespoons chopped up parsley,

Cooking Directions

Slice the eggplant into one inch thick round slices

Sprinkle salt on each slice.

Preheat the oven to 400 degrees. Pour one tablespoon of olive oil on a baking pan. Place eggplant slices on the baking pan.

Mix together the rest of the olive oil, the chopped up garlic pieces, the chopped up basil, the chopped up parsley, and some black pepper.

Spoon the mixture on to the top of the eggplant slices.

Bake the eggplant slices about 40 to 45 minutes until it is soft. Remove eggplant slices and serve.

CAULIFLOWER CURRY

Delicious, filling, and spicy.

Ingredients

One large head of cauliflower, chopped into small pieces

One large onion chopped up

One tablespoon of curry powder

One teaspoon of ginger powder

One whole garlic clove chopped

One teaspoon of turmeric powder

Six tablespoons of oil

One cup of water

Pinch of salt

One can of tomatoes

Cooking Directions

Heat the six tablespoons of olive oil in a frying pan or sauté pan over medium heat. Add the chopped up onion and garlic pieces and cook for two or three minutes.

Add the tomatoes, cauliflower pieces, turmeric powder, water, ginger powder, curry powder, and the pinch of salt, and let them sizzle in the oil for about eight to ten minutes.

Then, pour in the water and let the mixture simmer gently for about 10 more minutes. Check the cauliflower's consistency while cooking; it is done when the cauliflower pieces are soft.

Remove from heat when cauliflower is soft, and serve.

GARLICKY BROILED PORTOBELLO MUSHROOM CAPS:

This dish is earthy, pungent and flavorful, you won't feel like you you are dieting when you eat this tasty concoction!

Ingredients

One tablespoon of lemon juice

Half a dozen large portobello mushrooms, washed, with stems removed

Three tablespoons of butter

Pinch of salt

Two cloves of garlic, chopped up into small pieces

Two tablespoons olive oil

Cooking Directions

Preheat oven broiler to 400 degrees.

In a saucepan, melt the butter, and add lemon juice, salt, and garlic bits.

Pour the olive oil into an oven safe pan.

Place the portobello mushroom caps in the pan and pour the half of the lemon, butter, garlic and salt mixture over the mushroom caps.

Place the mushroom in the broiler and broil them for five to eight minutes. Once they are nicely browned, turn them over and broil for another five to eight minutes.

Remove the mushrooms from the oven once they are browned on both sides, and serve.

WILTED SPINACH SALAD

Do what Popeye says; eat your Spinach! It's full of iron, and look at the biceps Popeye sported. Spinach also has calcium and folic acid. Pregnant mothers are advised to eat folic acid to avoid birth defects in their developing fetuses.

Olive oil is also a very heart healthy ingredient and is rich in antioxidants.

This dish is full of protein, vitamins and calcium - and it's delicious.

Ingredients

One package of Spinach leaves, thoroughly washed.

Eight slices of cooked bacon

Four hard boiled eggs

Three tablespoons olive oil

Three tablespoons mustard

One tablespoon lemon juice

Cooking Directions

Place the spinach in a large salad bowl.

Chop up the eggs into small pieces. Crumble the bacon into bits. Put each in a small separate bowl by the salad.

In a saucepan, heat the olive oil, vinegar, splenda, lemon juice and mustard until bubbling and warm.

Pour the crumbled egg and the chopped up bacon over the spinach.

Then, pour the heated salad dressing over the spinach and toss the salad, coating the leaves with the dressing.

Serve.

Chapter Four: Low Carb Appetizers

Appetizers are a great way to take the edge off of your hunger before the big meal, but they also can come jam packed with unhealthy carbs which can sink your diet before you've even gotten to the main course.

Instead of reaching for the breaded, fried types of appetizers, try these low carb healthy alternatives instead.

STUFFED CELERY STICKS

Celery is high in fiber and very filling. Of course, you will want to stuff the celery sticks with healthy fillings rather than needlessly fatty or carb filled ingredients.

Ingredients

Two dozen celery sticks, with the leaves trimmed off, washed, and chopped in half

One half cup of low fat cream cheese

Three tablespoons chopped up dill

Three tablespoons chopped up parsley

One half cup of ripe olives

Cooking Directions

Let the cream cheese soften at room temperature for 20 or 30 minutes. Mix in the dill, parsley, and olives. Spread in the hollow of the celery stick halves and serve.

HAM AND CREAM CHEESE PINWHEELS

Use low fat cream cheese for a healthier recipe.

Ingredients

Ten slices of packaged ham

One cup of low fat cream cheese

One quarter cup of chives

Cooking Directions

Let the cream cheese soften at room temperature

Mix the chives into the cream cheese

Spread the cream cheese over each ham slice and then roll the ham slice up into a log, making sure to create several layers.

Use a sharp knife to slice up the cream cheese and ham into one inch thick pinwheels.

PARMESAN CHICKEN DRUMSTICKS

These are great low carb snack alternatives when you're watching football games or any time at all!

Ingredients

Four pounds of chicken drumsticks, washed and patted dry

One cup of fresh grated parmesan cheese or store-bought grated parmesan cheese

Two tablespoons of fresh chopped up parsley

Two teaspoons of paprika

One teaspoon salt

One teaspoon pepper

One half of a cup of butter

Cooking Directions

Mix the parmesan cheese and the parsley, oregano, paprika, salt, and pepper together in a mixing bowl.

Preheat the oven to 375 degrees.

Melt the butter in a saucepan over medium heat.

Using tongs, dip the drumsticks in the melted butter. Then roll the drumsticks in the parmesan cheese and spices mixture.

Lay the drumsticks on a foil lined oven safe baking pan.

Bake for about one hour, checking for doneness. Chicken should never be pink inside.

Remove from oven and serve.

SPICY STUFFED MUSHROOM CAPS

Mushrooms are an excellent source of potassium, riboflavin, niacin, and selenium. They are also high in fiber. Potassium helps lower blood pressure and reduces the risk of stroke. Riboflavin is not produced by the body and must be consumed in the diet either in food or by taking supplements. It is necessary for cellular health and helps maintain high energy levels.

Ingredients

One dozen large mushroom caps, washed and patted dry, with the stems removed

One half cup low fat cream cheese

Three pieces of cooked bacon

Two tablespoons of chopped chives

One tablespoon horseradish

Cooking Directions

Let cream cheese soften at room temperature.

Crumble bacon into little bits. Mix bacon, chopped chives, and horseradish into the cream cheese mixture. Spoon into the mushroom caps.

SAUTEED MUSSELS

Enjoy these briny treats as a healthy low carb appetizer.

Ingredients

Two dozen mussels in their shells

One half cup chopped onion

Three tablespoons of fresh chopped up parsley

One chopped up garlic clove

One quarter cup of white wine

Three tablespoons olive oil

Cooking Directions

In a saucepan, heat the olive oil over medium heat. Next add the chopped up onion the garlic and cook in the oil for several minutes until the onion pieces are soft and clear. Then, add the parsley and wine, and place the mussels in the saucepan.

Place a cover over the saucepan and turn the heat up to medium high. Cook for five to eight minutes, until the mussels open.

Place the mussels in a bowl. Pour the liquid from the saucepan over the opened mussels.

Chapter Five: Low Carb Desserts

Low carb desserts are definitely a challenge. What is the primary ingredient in most desserts? Yes, that's right - sugar. What needs to be avoided on low carbohydrate diets? Sugar.

When you have a craving for sweets, one healthy option for you is fruit. Some diets, like the Atkins diet, restrict fruits in the first phase of the diet. However, overall, doctors and dietitians alike recommend that fruit be consumed on a regular basis, because it is packed with vitamins and fiber.

People whose diets are rich in fruits and vegetables have lower rates of heart disease and stroke and age related diseases such as macular degeneration, a disease which causes blindness.

However, when fruit just isn't doing it for you and you crave a real dessert, here are some delicious low carbohydrate recipes.

Let's start with sugar free gelatin desserts. Sugar free gelatin is very low in carbohydrates, and paired with sugar free whipped topping, is sure to satisfy your sweets craving.

We're not saying it's the healthiest meal around, but denying yourself all of the time isn't healthy either. And when you deny yourself you are that much more likely to binge. So indulge a little!

LUSCIOUS LAYERED JELLO SQUARES

Ingredients

Three boxes of sugar free jello in different flavors, three or four ounces per box

One tub of sugar free cool whip

One nine inch by 12 inch baking pan

Ice cubes

One cup of boiling water

One cup of cold water

Cooking Directions

Pour one box of powdered jello mix into a large bowl. Pour one cup of boiling water into the jello mix and stir for a minute or two until the jello is completely dissolved. Pour the jello into the bottom of a nine by twelve inch baking pan. Place in refrigerator and let chill until set.

Repeat with a second box of jello, pouring in hot water until it is dissolved, but then spoon in half a cup of cool whip and whisk until mixture is creamy.

Spoon this layer over the first layer and place it in the refrigerator until set.

For the third layer, again, pour a box of jello and one cup of boiling water into a pan and stir until dissolved. Let sit for ten minutes on counter to cool off so it doesn't melt the other layers of jello. Then, slowly and carefully pour over the other two layers of jello in the nine inch by twelve inch pan.

Put in refrigerator until firm.

Remove the pan and cut the layered jello into squares. Put a dollop of the remaining sugar free whipped topping on top of each jello square, and serve.

LEMONY CREAMY JELLO

Ingredients

One six ounce package of sugar free lemon jello

One six ounce package of sugar free frozen lemonade

One cup of sugar free whipped topping

Three cups of hot water

Cooking Directions

Pour the package of sugar free lemon jello and the three cups of hot water in a bowl and stir, mixing thoroughly until dissolved.

Add the lemonade, and stir, again, until dissolved.

Refrigerate until jello is set, and then mix the sugar free whipped topping in until the mixture is creamy and thoroughly blended.

Pour into glass dessert cups. If desired, place a dollop of sugar free whipped topping and a curl of lemon zest on top of each serving of lemon jello.

SPLENDID SPLENDA CHOCOLATE FUDGE

Ingredients

Four ounces low-fat cream cheese

One half teaspoon of vanilla

Two tablespoons of artificially sweetened chocolate powder

Two tablespoons butter

Six packets of Splenda

One half cup of heavy cream

Cooking Directions

Melt the butter in a saucepan over medium heat. When the butter is liquid, add the vanilla, cream and the cream cheese, stirring frequently until all are melted. Add the Splenda. Turn down the heat, and stir in the chocolate powder. Stir all ingredients until thoroughly blended.

Remove from heat and pour into a small square pan that has been sprayed with non stick spray.

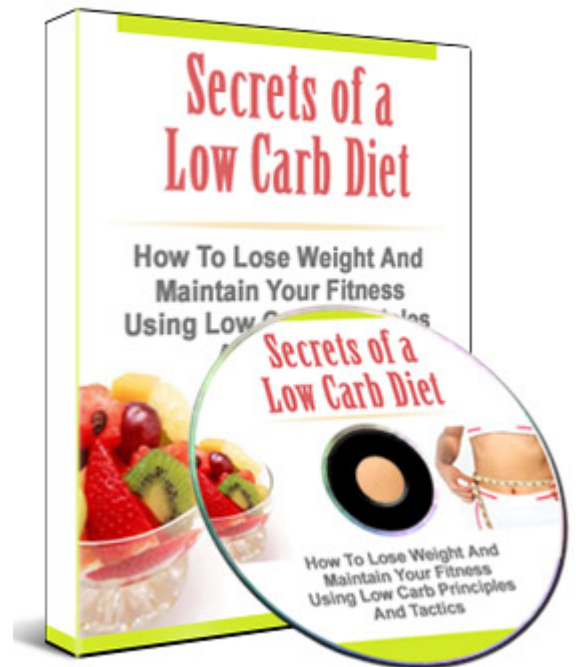
Refrigerate until it sets for about four hours. Cut into squares and serve.

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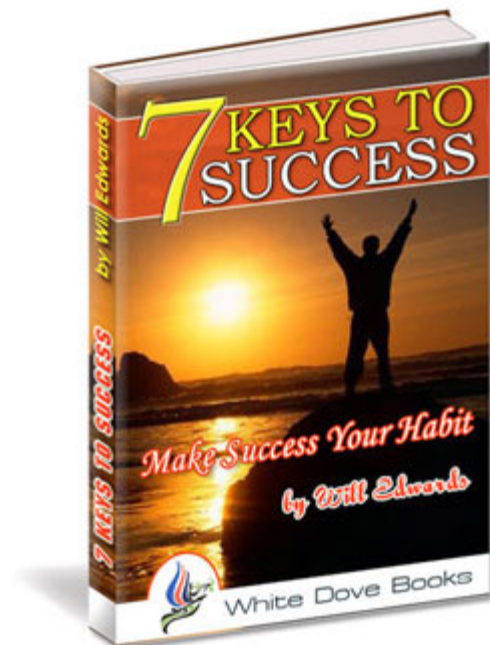
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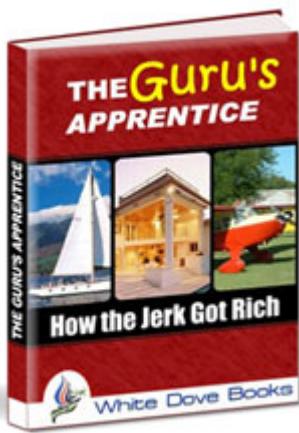
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About White Dove Books



Will Edwards is the founder of [White Dove Books](#) - the internet's leading website for Self Improvement and Personal Development. A graduate of the University of Birmingham, he develops and teaches Personal Development workshops and is a published author.

Within its first three years, White Dove Books was recognised as one of the internet's leading sites for self help and personal development; breaking into the top 100,000 sites on the internet at the end of 2005.

The INSPIRATION newsletter was started in 2005 as a way of providing helpful information including tips, articles and free inspirational eBooks to our visitors.

Today White Dove Books works in partnership with many authors and on-line publishers of inspirational material to provide a quality on-line service that serves thousands of people in many countries across the world.

Our mission is to help people to develop their own unique talents, abilities and passion in order that they may lead more meaningful, joyful and fulfilled lives.