

Chocolate Cherry Cups

1/3 cup all-purpose flour
1/3 cup sugar
1/4 cup ground baking chocolate
1/4 cup cocoa powder
1/4 teaspoon baking powder
1/4 teaspoon salt
6 ounces nonfat vanilla yogurt
3 egg whites
1/2 teaspoon almond extract
nonstick cooking spray
36 thawed, drained pitted sour cherries, frozen without sugar

DIETARY EXCHANGES:

1 Starch, 1/2 Fruit

NUTRIENTS PER SERVING:

Cal.: 63	Cal. from Fat: 16%
Total Fat: <2 g	Sat. Fat: <1 g
Carb.: 12 g	Protein: 3 g
Chol.: <1 mg	Sodium: 83 mg
Fiber: 1 g	

1. Place flour, sugar, ground chocolate, cocoa powder, baking powder, and salt in medium bowl. Whisk until combined. Preheat oven to 350°F.
2. In bowl of electric mixer, beat egg whites on high speed until soft peaks form. Add yogurt to dry mixture. Stir well, scraping sides of bowl. Fold in beaten egg whites and almond extract.
3. Line a 12-count muffin pan with foil cups, and fill each cup 2/3 full. Place 3 cherries into each cup, pressing lightly into batter.
4. Bake 20 to 25 minutes, until tops are puffy and edges are set. Centers will be moist.

Makes 12 servings

Source: Diabetic Cooking Magazine

