Chocolate Banana Bread
1 loaf

Ingredients
- 2 cups overripe mashed banana, loosely packed (460g)
- 2 1/2 tsp pure vanilla extract
- 1 tbsp vinegar
- 1/4 cup oil OR milk of choice
- 2/3 cup pure maple syrup or agave
- 1/8 tsp uncut stevia OR 1/4 cup sugar
- 1 3/4 cup spelt, white, or bob’s gf flour, loosely packed (210g)
- 1 tsp baking soda
- 3/4 tsp salt
- 3/4 tsp baking powder
- 1/2 cup plus 2 tbsp cocoa powder
- optional, 1/2 cup mini chocolate chips in the batter, plus regular chips for decoration

Directions
1. Be sure that the banana is 2 cups after mashing, not before. Preheat oven to 350 F and grease a 9×5 loaf pan very well.
2. In a large mixing bowl, whisk together first six ingredients. In a separate bowl, combine all remaining ingredients and stir well.
3. Pour dry into wet, and stir until just evenly combined. Transfer to the loaf pan and spread out evenly.
4. If desired, sprinkle chocolate chips over the top and press down. Bake 35 minutes, then turn off the oven but don’t open the door! Let sit 10 additional minutes in the closed oven before removing and slicing. (Some readers have reported their bread needed additional baking time. If this happens, just turn the oven back on after the 10 minutes are up and continue baking until a toothpick inserted into the center of the bread comes out clean.)

Nutrition Facts per serving: 137 calories, 1 g fat, 32.6 g carbohydrates, 3.5 g protein, 4.1 g fiber

Chocolate Truffle Cheesecake
Serves 12

Ingredients
- Nonstick cooking spray

Crust:
- 1 1/4 cups chocolate graham cracker crumbs, 8 whole sheets
- 2 tablespoons granulated sugar
- 2 tablespoons water
- 1 tablespoon melted unsalted butter

Filling:
- 2 ounces semisweet chocolate, chopped
- 24 ounces 1 percent cottage cheese
- 8 ounces 1/3 less fat cream cheese, at room temperature
- 3/4 cup granulated sugar
- 1/2 cup unsweetened cocoa powder
- 2 tablespoons all-purpose flour
1 egg
2 egg whites
2 teaspoons instant espresso powder
2 teaspoons pure vanilla extract
Fresh raspberries and mint sprigs, serving suggestion

Directions

1. Position the racks in the lower and upper thirds of the oven. Put a small roasting pan on the lower rack and fill about 1/3 full of water. Preheat the oven to 325 degrees F. Lightly coat a 9-inch springform pan with cooking spray and wrap the outside bottom of the pan with aluminum foil to prevent any leaks.

2. Crust: Mix the graham cracker crumbs, sugar, water, and melted butter in a medium bowl until moistened. Press into the bottom of the prepared pan. Freeze until firm, about 15 minutes, while preparing the filling.

3. Filling: Put the chocolate in a microwave safe bowl. Microwave on medium power until soft and melted, about 1 minute, depending on the power of your oven. Stir until smooth. Puree the cottage cheese in the bowl of a food processor until smooth. Add the cream cheese, sugar, cocoa, and flour and continue to puree, scraping down the sides of the bowl, until smooth. Add the egg, egg whites, espresso, and vanilla and puree until incorporated. Add the melted chocolate and pulse until just combined. Pour over the prepared crust.

4. Put the pan on the upper rack in the oven and bake until just set and the center jiggles slightly, about 50 to 55 minutes. Turn off the oven and let stand in the oven for 1 hour. Remove the cheesecake to a cooling rack and run a knife around the edge of the pan.

5. Let stand at room temperature until cooled, about 2 hours, and then refrigerate until well chilled, 8 hours or overnight. Let stand at room temperature for about 1 hour before serving. For easier serving, slice with a clean hot knife, wiped clean after each slice. Serve each slice with a few fresh raspberries and a sprig of mint.

Nutrition Facts per serving: 245 calories, 9 g fat (5 g saturated fat), 31 g carbohydrates, 12 g protein, 2 g fiber

Ginger Angel Food Cake
Serves 8-10

Ingredients

- 1 cup minus 1 tablespoon cake flour
- 1 1/2 cups confectioners' sugar, plus more for topping
- 1/4 teaspoon salt
- 11 large egg whites, at room temperature
- 1 1/2 teaspoons cream of tartar
- 1 cup granulated sugar
- 1 teaspoon vanilla extract
- 1 teaspoon finely grated lime zest
- 3 tablespoons finely grated peeled ginger

For the sauce:

- 3 half pints raspberries
- 1/3 cup granulated sugar
- 1/2 teaspoon finely grated lime zest
- 1 teaspoon fresh lime juice
Directions
1. Make the cake: Preheat the oven to 350 degrees F. Sift the flour, confectioners' sugar and salt onto a sheet of parchment paper. Sift again, then set aside.

2. Beat the egg whites in a large bowl with a mixer on medium speed until frothy. Add the cream of tartar and beat until soft peaks form, about 5 minutes. Gradually beat in the granulated sugar, about 1 tablespoon at a time, then increase the speed to medium high and continue beating until stiff, shiny peaks form, 12 to 15 minutes. Add the vanilla, lime zest and ginger and beat a few seconds to combine.

3. Sprinkle one-quarter of the flour mixture over the egg mixture and gently fold with a rubber spatula. Fold in the remaining flour mixture in 3 additions. Transfer the batter to an ungreased 10-inch tube pan. Bake until the cake feels springy and a toothpick inserted into the center comes out clean, 40 to 50 minutes. Invert the pan onto a funnel or the neck of a bottle and cool completely. Loosen the edges with a small knife, tap the sides of the pan against the counter and unmold.

4. Make the sauce: Puree 2 half pints raspberries in a blender with 2 tablespoons water, the granulated sugar, lime zest and lime juice. Strain to remove the seeds. Top the cake with confectioners' sugar, the sauce and the remaining raspberries.

Nutrition Facts per serving: 325 calories, .5 g fat (0 g saturated fat), 75 g carbohydrates, 7 g protein, 3 g fiber