

EVERYDAY INGREDIENTS! CALORIE BARGAINS!

# Hungry Girl



premiere issue

# 75

## HEALTHY & DELICIOUS RECIPES

under 350 calories!

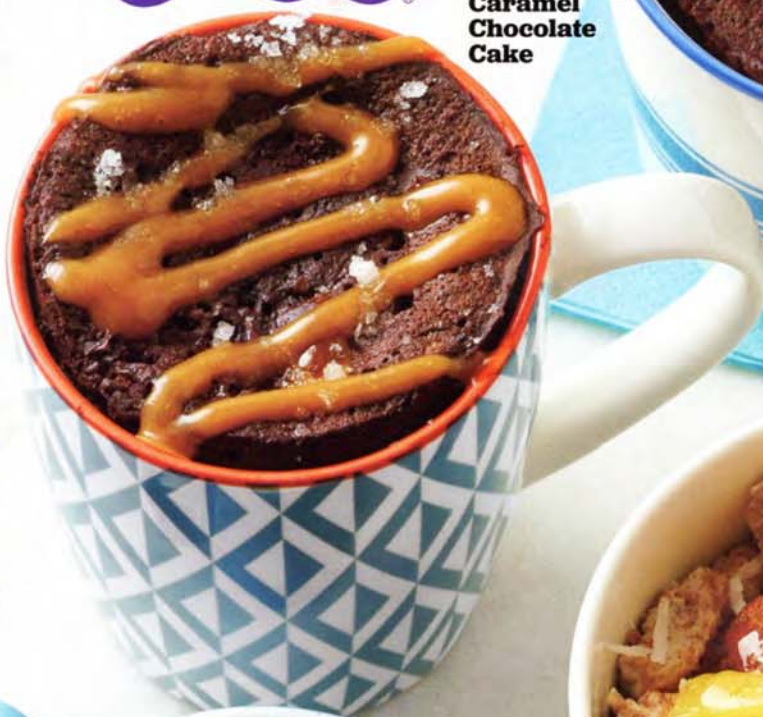
### 5-INGREDIENT SLOW-COOKER FAVORITES

### MAKE-AHEAD MEALS

### Nighttime cravings BUSTED!

HUNGRY GIRL LISA LILLIEN

Guru of guilt-free eating



Salted Caramel Chocolate Cake



Mint Chocolate Cake



Bacon, Egg & Cheese Mug



Tiki French Toast in a Mug

SPRING 2018  
Display until April 16

Your ultimate **EAT-SMART** SUPERMARKET LIST p. 89



# 8 THINGS EVERY CHOCOLATE LOVER NEEDS

*If you live for chocolate and taste it in your dreams, you're probably a chocoholic. But no need to check into rehab; we can feed your need for the sweet stuff in guilt-free fashion.*

**1****MINI SEMISWEET CHOCOLATE CHIPS***1 Tbsp.: 70 calories, 4g fat*

Melt these teeny morsels over fruit, mix them into batter, or snack on 'em straight. They're used in countless Hungry Girl recipes, and a small amount goes a long way! Semisweet chocolate contains more cocoa (which means more antioxidants) and less sugar than milk chocolate. Score!

**2****LOW-CALORIE CHOCOLATE CEREAL***¾ cup: 110 calories, 2g fat*

While eating sweetened cereal every morning isn't something to strive for, there's a time and place for this crunchy breakfast favorite. Instead of only eating it by the bowlful, try mixing it with light popcorn,



or enjoy a few handfuls as a snack. Sweet, crunchy satisfaction! Two of the tastiest cocoa-infused cereals are **Chocolate Cheerios** and **Peanut Butter & Chocolate Puffins**; both serve up fiber and not too much sugar.

**3****UNSWEETENED COCOA POWDER***1 Tbsp.: 15 calories, 0.5g fat*

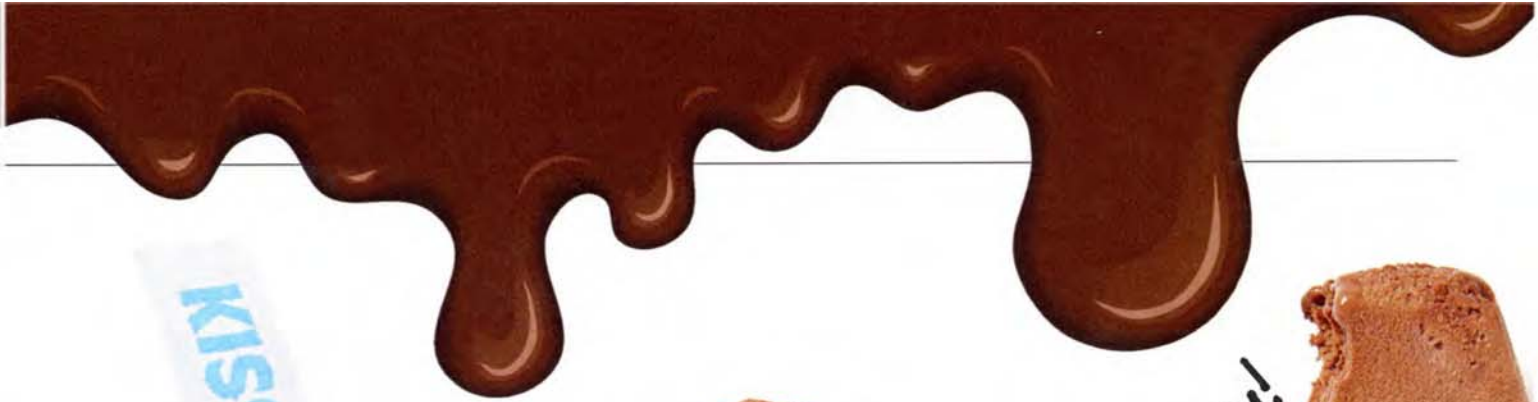
Like a good friend, cocoa powder is there when we need it: anytime we're baking something chocolatey in the kitchen. It's also ideal for DIY hot chocolate. A bonus? Cocoa contains essential minerals like iron, calcium, magnesium, and zinc. Cocoa power! For extra-rich flavor, try the dark-chocolate variety.

**4****CHOCOLATE VARIETIES OF QUEST PROTEIN BARS***1 bar: 170–210 calories, 6–9g fat*

Thanks to these bars, the quest for the perfect protein bar is over! With a whopping 20+ grams of protein and about 14 grams of fiber, one of these will fill you up and fuel your day. Fan favorites include Chocolate Brownie, Mocha Chocolate Chip, Chocolate Chip Cookie Dough, and Double Chocolate Chunk.







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**HERSHEY'S KISSES**

1 piece: 23 calories, 1.5g fat

What's your preference: milk, dark, or with almonds? Pick your favorite, and enjoy four of these classic treats for less than 100 calories. There's a reason people have been swooning over the flat-bottomed, teardrop-shape chocolates since 1907! Sure, it's candy, but you could do a lot worse than enjoying a few of these on occasion.



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**BROWNIE CRISPS**

1 oz.: 120 calories, 5g fat

Brownies have been popular since the 1800s, so why on Earth did it take so long for the thin 'n crunchy brownie trend to take over the world? **Sheila G's Brownie Brittle** set the stage, and then (lucky for us) dozens of crispy brownie-like treats flooded the shelves. Other impressive brands include **Tate's Bake Shop, Snack Factory, Mrs. Thinsters's, Cissé Cocoa Co.,** and **Lucy's.**

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**TOOTSIE ROLL MIDGEES**

1 piece: 23 calories, 0.5g fat

This classic isn't just for kids. Tootsie Rolls are iconic, and while not exactly "healthy," these teeny chews have many great qualities—they won't melt in your bag like regular chocolate, they've got the whole portion-control thing down, and they taste fantastic! Keep a couple on hand for unexpected chocolate cravings.

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**FROZEN LOW-FAT FUDGE BARS**

1 bar: 90 calories, 2g fat

With an average of less than 100 calories each, a frozen chocolate pop on a stick is hard to beat when it comes to satisfying a chocolate craving. The portion control makes these much safer than pints of ice cream. And there are plenty of all-natural brands—some even have added protein! Standouts include bars by **Yasso, Enlightened, So Delicious,** and **Fudgsicle.**



**BONUS!**

**MICROWAVE-SAFE MUG**

You're probably wondering why a kitchen cup with a handle made this list, right? The answer is simple: **You'll need one to whip up your very own chocolate cake in a mug!**

Grab your cocoa powder and mini chips, and flip to *page 45* for a classic recipe and **THREE** flavor variations!

