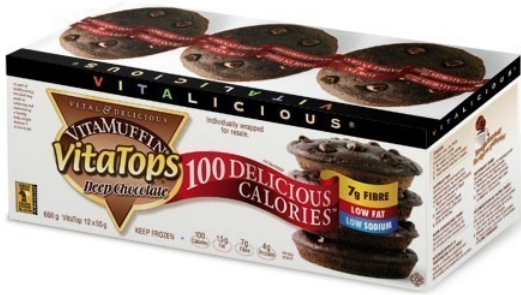


HELP! I NEED A CHOCOLATE SNACK!



Ok so I love chocolate. Don't we all. (Well, my 9 year old son has a friend who absolutely hates chocolate and let's just say I'm a little worried about him /:)). Anyhow, we can rationalize our chocolate-loving selves by discussing all the antioxidants chocolate has so therefore its good for us! Yeah, well the "good" stuff is dark chocolate, folks, not the fake, chemical-tasting, is-that-even-real-chocolate found in your average candy bar. Lucky me, I actually can't stand milk or white chocolate, but I do have an addiction to the dark stuff. If you're like me, read on; if you want that chemical stuff, you're on the wrong blog!

No, I'm not gonna tell you how to control your addiction, I'm a Nutritionist not a shrink. (Shocking, I know). What I am going to tell you is that my good friend and fellow health-nut, Michelle Edery, found a solution to satisfy my craving, and hopefully yours too, without horribly contradicting my general disgust for processed junk food. I'm talking about VitaTop chocolate muffins and frankly Michelle and I should get some sort of commission for loving these things so much and recommending them as a snack for everyone (unless you are allergic or sensitive to any of the ingredients, specifically eggs, wheat or soy). They each have 100 calories, 7 Grams of fiber, 1.5 Grams of fat, 4 Grams protein and no artificial ingredients. They are so chocolatey delicious, don't be surprised if somebody shoves you away from the health food store freezer to get the last box. (Wasn't me, I swear!). And if you're lucky enough to live in the US you can also get the mix to bake them yourself (send some to Canada.....please! Somebody? Anybody?)

Enjoy, but remember, don't eat more than one since that would defeat its purpose; its a health(ier) snack option, people, not a vegetable!
