

Dark Chocolate Flavoured Strawberry or Orange Slices

Makes 1 serving (1 fruit)
1 gram protein
0 fat
65 calories (orange)
30 calories (strawberries)



Ingredients

- 1 orange, peeled and sliced or handful of strawberries, sliced
- dark chocolate Stevia extract

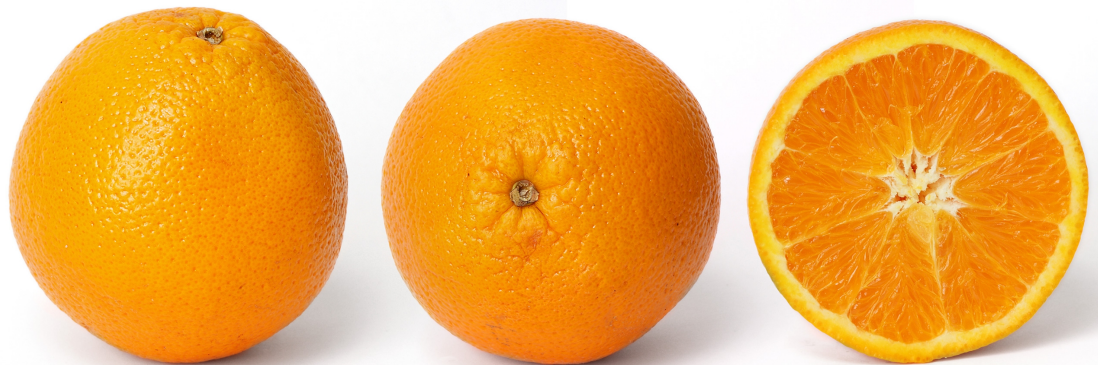
Directions

1. Arrange orange or strawberry slices in a bowl.
2. Drizzle dark chocolate Stevia over the slices & serve chilled.
3. Garnish with mint if desired.

HCG Diet Tip

Enjoy small amounts of defatted cocoa and dry unsweetened vanilla powder as a "spice" in some of my recipes. Defatted cocoa and vanilla powder may have trace amount of fat or starch in them and should be used sparingly. Always monitor your weight when using these items and discontinue if you feel it is stalling your weight loss.

Avoid artificial sweeteners such as Aspartame, sucralose, and saccharine completely as they are toxic chemicals which can actually contribute to weight issues as well as being linked to many other health problems. I personally recommend Stevia as the sweetener of choice for this diet and for life. Stevia is an all natural herb that is zero calories, up to 300 times sweeter than sugar, and will not affect your blood sugar levels or your weight loss.



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