

Chocolate Lush

1 cup flour
3/4 cup sugar
2 tablespoons unsweetened dry cocoa
2 teaspoons baking powder
1 teaspoon salt
1/2 cup milk
2 tablespoons oil, preferably canola
2 teaspoons vanilla
3/4 cup brown sugar
1/4 cup unsweetened dry cocoa
1-3/4 cups hot water
1/2 cup chopped nuts (optional)

1. Preheat the oven to 350°F.
2. In a medium bowl, stir together the flour, white sugar, 2 tablespoons cocoa, baking powder, and salt; add the milk, oil, and vanilla (and nuts). Mix until smooth.
3. Pour into an 8" x 8" square pan that is nonstick, lightly oiled, or treated with cooking spray.
4. Combine the brown sugar, 1/4 cup cocoa, and hot water. Gently pour this mixture on top of the batter in the pan.
5. Bake at 350°F for 40 minutes, or until lightly browned and bubbly.

Yield: 9 servings.

Per serving: 230 calories, 46 gm carbohydrate, 3 gm protein, 4 gm fat

Source: *Nancy Clark's Sports Nutrition Guidebook, Third Edition*

Comments: This is a chocolate lover's delight! It's like a brownie with chocolate sauce. I use half white flour and half whole-wheat, and add chopped walnuts. The first time I made this was in July 2004, when we were tied up for the night at Kwatsi Bay, B.C. It was after dinner and our cabin was rapidly cooling off. It was foggy and raining, about 45 degrees outside, and our diesel heater was broken. There isn't any electricity at Kwatsi Bay, and since this was before we added the genset to *Phoenix*, we weren't able to use our electric heaters either. I was searching for something to bake so that the oven heat would help keep us warm, and I found this recipe. The oven did help heat the cabin, it smelled wonderful as it was baking, and we ate it as soon as it had cooled enough to be able to cut and serve. Wonderful!!

Comments from the original cookbook: *What I like best about this brownie pudding is it's a low-fat yet tasty treat for those who want a chocolate fix. It forms its own sauce during baking. If you need to rationalize eating chocolate, remember it does contain some health-protective phytochemicals!*