

JAWAD
Supermarket

The Jawad Dome - Barbar.
Tel: 17691010
The Centre - Nwaidrat.
Tel: 17700123

Collect our exciting RECIPE CARDS for FREE!

Lose weight while you snack

Eating a snack or two between meals can curb hunger so that you don't inhale the dining room table when you finally sit down to supper. Snacking can also help you get in all the nutrients you need. On the flipside, grazing all day, particularly on foods of little nutritional value may result in eating too much and packing on extra pounds. These 6 snacks are smart choices that can help you lose weight.

1. Almonds

One study found that people who chewed almonds thoroughly (up to 40 chews) felt full longer than those who chewed the same amount of nuts fewer times.



4. Grapes

Toss grapes in the freezer for an easy snack. Because they're sweet and you savour them individually and slowly, you'll get a lot of satisfaction for just a handful of calories.



2. Grapefruit

Grapefruit's "diet food" rep might be justified: one study found that when people simply ate grapefruit with each meal, they lost up to 3 1/2 pounds over three months. Grapefruit may help manage appetite by lowering insulin levels, say researchers.



5. Chocolate

Include a treat every day. Believe it or not, giving yourself little treats may be the secret to losing weight—for good. Aiming to be "too good" sets you up to fail. If you like a glass of wine with dinner, make room for it. Prefer dessert? Skip the drink and go for a low-calorie chocolate treat instead.



3. Chickpeas

Keep chickpeas in the pantry. They have a meaty texture and a nutty flavour along with plenty of satiating fibre and a little protein—perfect when you're watching your weight. Try roasting them for a crunchy snack.



6. Popcorn

Popcorn is high in fibre, low in fat and delivers some protein. A 1-ounce serving (about 3 cups) of air-popped popcorn has 4 grams of fibre, almost 4 grams of protein, just over 1 gram of fat and clocks in at 110 calories. This combination makes it a snack with staying power.



Recipe → Fudgy Brownies

Ingredients

- 4.5 ounces all-purpose flour (1 cup)
- 1/2 cup unsweetened cocoa
- 1/4 teaspoon salt
- 1/3 cup butter
- 2 ounces dark chocolate, chopped
- 1 cup granulated sugar
- 1/4 cup 1 per cent low-fat milk
- 1 teaspoon vanilla extract
- 2 large egg yolks
- 1 large egg
- Cooking spray

Preparation

1. Preheat oven to 350°.
2. Weigh or lightly spoon flour into a dry measuring cup; level with a knife. Combine flour, cocoa, and salt in a medium bowl; stir with a whisk.
3. Place butter and chocolate in a medium microwave-safe bowl, and microwave at



HIGH for 45 seconds, stirring every 15 seconds. Stir until smooth, and set aside. Cool slightly. Add 1 cup sugar, milk, 1 teaspoon vanilla extract, egg yolks, and egg; stir with a whisk to combine. Add butter mixture to flour mixture, stirring just until combined. Pour batter into an 8-inch square metal baking pan coated with cooking spray. Bake at 350° for 20 minutes or until a wooden pick inserted in centre comes out almost clean.

