



Eat Right

NEWS



GROCERY SCORE

IT'S CRUNCH TIME!

It might be the greatest idea since muffin tops (the food, not the love handles): Take a brownie, ditch the heavy middle section, and focus on those crispy bits you find on top and at the edges of the pan. That's what the creative minds at **Sheila G's** have done with their **Mint Chocolate Chip Brownie Brittle** (\$5; select grocery stores), which may have you swearing off brownie bottoms forever. At just 120 calories and 4 grams of fat per serving, they're a treat you can bite into guilt-free.

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