



Moist and Delicious Brownies – low fat!

Makes 16 brownies

Ingredients:

¾ cup white all purpose flour

¾ cup whole-wheat pastry flour (can use all white flour)

¾ cup cocoa

1 and ¼ cup sugar or sweetener

1 tsp baking powder

½ tsp salt

4 egg whites

1 cup + 3 Tbsp pureed baby pears **or** unsweetened applesauce

1 tsp vanilla

½ cup walnuts or pecan bits (optional)

Preparation:

- Preheat oven to 350 F. Spray 8” square pan with vegetable cooking spray.
- In a medium size bowl, sift flour, cocoa, sugar, salt and baking powder, and stir in nuts. In a large bowl, whisk egg whites, stir in pears or applesauce and vanilla.
- Pour flour mixture into liquids, and stir gently until just moistened. Spoon into baking pan, distributing evenly.
- Bake in oven for 30-35 minutes (until sides pull away from pan and cake tester is almost clean when inserted in middle of pan).
- Cool in pan on wire rack, cut and assemble on party plate. Sprinkle with powdered sugar for a more festive look.

Nutrient Analysis for 16 servings

Serving Size: 1 brownie, made with sugar and walnuts	
Calories	145.5
Protein	4 g
Carbohydrate	28 g
Total Fat	3 g
Saturated Fat	0.5 g
Monounsaturated Fat	0.5 g
Cholesterol	0 mg
Sodium	125 mg
Fiber	2 g
Potassium	139 mg
Calcium	28.5 mg

Diabetic Exchanges

Meat (very lean)	.5
Fat	0.5
Starches	2

