



GROUP 12  
COOKIES & BARS

10

## MOM'S BEST BROWNIES

Indulge yourself! These fabulous brownies—made with applesauce, cocoa powder, and egg whites—are almost fat-free.



- Egg whites mean lower cholesterol
- Reduce sugar by sweetening with applesauce
- 112 calories per serving

***Fat Fighter***



**PREPARATION TIME**  
10 minutes plus cooling

**BAKING TIME**  
25 minutes

**MOM'S BEST BROWNIES** • *Healthy Meals in Minutes™*

**MAKES 12 SQUARES**

- ½ cup cake flour, sifted
- ½ cup unsweetened cocoa powder
- ¼ teaspoon salt
- 2 egg whites
- 1 large egg
- ¼ cup granulated sugar
- 6 tablespoons unsweetened applesauce
- 2 tablespoons vegetable oil
- 1½ teaspoons vanilla extract
- 1 tablespoon chopped walnuts (optional)

**1** Preheat oven to 350° F. Spray an 8-inch square baking pan with vegetable cooking spray and set aside.

**2** In a medium bowl, combine flour, cocoa, and salt. Mix well.

In a large bowl, whisk together egg whites, egg, sugar, applesauce, oil, and vanilla. Stir in flour mixture until just blended; do not overmix. Pour batter into prepared pan; sprinkle with walnuts.

**3** Bake until just set and a toothpick inserted in center comes out clean, about 25 minutes.

**4** Place pan on a wire rack and cool for at least 15 minutes. Cut brownies into squares and place on a serving plate.

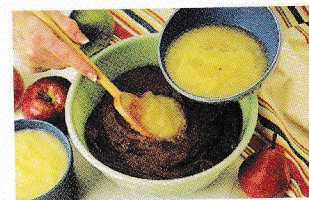


**VARIATION**

For slightly chewier brownies, replace the ½ cup of cake flour with 7 tablespoons of all-purpose flour. Sifting is not necessary. Proceed with the recipe as directed. Also, instead of walnuts, try sprinkling brownie batter with chopped pecans or almonds.

**PER SERVING:** Calories 112 (30% from fat) Carbohydrates 18 g  
Protein 2 g Sodium 60 mg Fat 4 g Cholesterol 18 mg

**COOK'S TIPS**



**Fruit purees**, such as pear or applesauce, add sweetness and moistness to baked goods. Use one-quarter of the oil called for, and substitute puree for the rest.

**For extra-easy cleanup**, line an 8-inch square baking pan with a large sheet of waxed paper, letting paper overhang the edges of the pan by 1 inch, before pouring in the brownie batter. Spraying the pan with vegetable cooking spray is not necessary.

Bake and cool brownies as directed, then simply lift them out of the pan by grasping the edges of the waxed paper.