Double Chocolate Brownies
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Here’s a delicious brownie that is much lower in calories and saturated fat than the typical fare. It’s ideal for summer gatherings or an office party when a sweet dessert is in order. Chef Devin Alexander, author of The Biggest Loser Cookbook, uses espresso powder to give these brownies a richer more chocolaty taste, without adding calories (espresso powder is available in most grocery stores). These brownies are easy to make, requiring no time at all to mix and then bake. This recipe is a keeper!

Send me an email and let me know how you liked them!

Nancy

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Ingredients
¼ cup unsweetened applesauce
1 teaspoon vanilla extract
4 egg whites
1 cup sugar
¼ cup all purpose flour
½ cup unsweetened cocoa powder
½ teaspoon instant espresso powder
½ teaspoon baking powder
½ teaspoon salt
¼ cup mini chocolate chips (semi-sweet)

Preheat oven to 350°
8X8 inch pan, sprayed with butter-flavored cooking spray
Bake 20-22 minutes
Makes 12 brownies

In a medium bowl, mix the applesauce, vanilla, egg whites, and sugar until well combined. Add the flour, cocoa powder, espresso powder, baking powder and salt. Stir until just combined and no lumps remain. Pour into prepared pan. Sprinkle chocolate chips on top. Bake for 20-22 minutes or until a toothpick inserted in the center comes out dry. Allow to cool, then cut into 12 equal pieces.

Nutrient Analysis per brownie
88 calories
2 g. protein
19 g. carbohydrate
< 1 g. saturated fat
133 mg. sodium

As compared to a traditional double chocolate brownie:
260 calories
3 g. protein
37 g. carbohydrate
3 g. saturated fat
165 mg. sodium