

## Super Healthy Low-Fat Brownies from Scratch

Preheat the oven to **325°F**

1. Combine in a mixing bowl the following **wet ingredients**:
  - ½ Cup Vanilla Yogurt
  - 2 Jumbo Egg Whites (or 6 Tablespoons Liquid Egg Whites)
  - 1 teaspoon Vanilla Extract
  - 1 Cup Organic Cane or Brown Sugar
2. Create the **Chocolate mix** by combining these ingredients and mix well:
  - 3 Tablespoons Saco Premium Baking Cocoa
  - 1 Tablespoon Egg White
  - 2 Tablespoons Apple Sauce
  - 1 Tablespoon Fat-free Dannon Vanilla Yogurt (or Fat-Free Sour Cream)
3. Add the **Chocolate mix** to the **wet ingredients** and mix for one minute.
4. Combine the **dry ingredients in a separate bowl** and mix well with a chopstick or knife:
  - ⅔ Cup Non-Bleached Bob's Red Mill White Flour
  - ⅔ Cup Whole Wheat Organic (or high-quality, unprocessed) Flour
  - ½ **teaspoon** Baking Powder
  - ½ **teaspoon** Salt
5. Add the **dry ingredients** to the **wet ingredients**, and *fold in*. *Do not over mix or your brownies will be tough!*
6. Make the **fudgy middle** by mixing either Option 1 or Option 2 below in a measuring cup, then mix them well with chopsticks, until smooth:

### **Option 1:** Higher Fat

- 4 Tablespoons Tru-Nut Low-Fat Powdered Peanut Butter (Note: 6 grams Fat)
- 4 Tablespoons Fat-free Milk or substitutions  
(substitutions: 2 T Milk, and 2 T coffee Liquor or Instant Coffee, or 4 T espresso)
- 1 Tablespoon Saco Premium Baking Cocoa
- 1 Tablespoon Apple Sauce

### Option 2: Fat-Free

6 Tablespoons Fat-Free Cream Cheese

2 Tablespoons Fat-free Sour Cream

3 Tablespoons Powdered Sugar

7. Prepare an 8x8" or 5"x7" **light-colored\*** baking pan by spraying the bottom with 2 short bursts of baker's spray and then use a paper towel to smear the spray around the bottom and sides.
8. Pour the brownie mix into the prepared pan and drop on counter several times to remove air bubbles.
9. Use a tablespoon to plop 4 dollops of the **fudgy middle** in each of the 4 quarters, and then use a long toothpick or knife to make swirls. If using aluminum disposable baking trays, put a cookie sheet under it for baking.
10. Bake for 40 minutes, at 325° F and remove *immediately* from oven.
11. Place in freezer for 10 – 15 minutes to stop the baking process.
12. Remove from freezer and cut into 16 brownies.

\*A **light-colored** baking pan is recommended to prevent burning. The darker your baking pan is, the more heat it is going to conduct. Sadly, this usually results in burnt edges and maybe not-so-done in the middle. I learned about this from a Baking Show aired in Great Britain, and now, I swear by it! In fact, I replaced ALL of my bake ware with light colored pans, and yes, my baked goods come out perfect every time!

