

# Royal Brownies

Desserts

C-21

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Vegetable oil		¾ cup		1 ½ cups	1. Cream oil, sugar, salt, vanilla, and applesauce in mixer with paddle attachment for 5 minutes on medium speed. Scrape down sides of bowl.
Sugar	1 lb 10 oz	3 ¾ cups	3 lb 4 oz	1 qt 3 ½ cups	
Salt		1 ½ tsp		1 Tbsp	
Vanilla		1 ½ tsp		1 Tbsp	
Canned applesauce	1 lb 4 oz	2 ½ cups	2 lb 8 oz	1 qt 1 cup	2. Add egg whites and mix for 1 minute on medium speed. Scrape down sides of bowl.
Frozen egg whites, thawed OR Fresh large egg whites	12 oz	1 ½ cups OR 10 each	1 lb 8 oz	3 cups OR 20 each	
Enriched all-purpose flour	15 oz	3 ½ cups	1 lb 14 oz	1 qt 3 cups	
Cocoa	6 oz	1 ½ cups 2 Tbsp	12 oz	3 ¼ cups	3. In a separate bowl combine, flour, cocoa, and baking powder. Mix for 1 minute on medium speed.
Baking powder		1 Tbsp		2 Tbsp	
					4. Add dry mixture to creamed ingredients and mix for 30 seconds on low speed, then for 1 minute on medium speed. Batter will be very thick.
					5. Spread 5 lb 3 oz (2 qt 1 ½ cups) of batter in each half-sheet pan (13" x 18" x 1") which has been lightly coated with pan release spray. For 50 servings, use 1 pan. For 100 servings, use 2 pans.
Chopped walnuts (optional)	4 oz	1 cup	8 oz	2 cups	6. Sprinkle nuts (optional) over batter.
					7. Bake: Conventional oven: 350° F for 20-30 minutes Convection oven: 300° F for 18-25 minutes Bake until set, but still moist in the center.
					8. Cut each pan 5 x 10 (50 pieces per pan).

SERVING:	YIELD:	VOLUME:
1 piece. For Enhanced Meal Pattern only: 1 piece provides ½ serving of grains/breads.	<b>50 Servings:</b> about 5 lb 5 oz (batter) 1 half-sheet pan	<b>50 Servings:</b> about 2 quarts ½ cup (batter) 50 pieces

# Royal Brownies

Desserts

C-21

**100 Servings:** about 10 lb 10 oz (batter)  
2 half-sheet pans

**100 Servings:** about 1 gallon 1 cup (batter)  
100 pieces

Edited 2006

Special Tip:  
Brownies may be iced with Brownie Icing (C-22) or lightly dusted with powdered sugar.

Variation:  
A. Swiss Brownies: Swiss Brownies are lighter in color than Royal Brownies. For 50 servings, decrease cocoa to 4 oz (1 1/3 cups). For 100 servings, decrease cocoa to 8 oz (2 2/3 cups).

Nutrients Per Serving					
Calories	137	Saturated Fat	0.75 g	Iron	0.95 mg
Protein	2.28 g	Cholesterol	0 mg	Calcium	23 mg
Carbohydrate	25.48 g	Vitamin A	2 IU	Sodium	111 mg
Total Fat	3.84 g	Vitamin C	0.2 mg	Dietary Fiber	1.5 g