

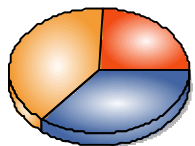


## Brownies

By: Modified by DrJez LLC from Graham Kerr

Recipe grams: 257.21g/9.1oz

Serves 6 42.87g/1.5oz per serving



Protein: 8%  
Carbohydrates: 70%  
Fat: 20%  
Alcohol: 2%

### INGREDIENTS

1/2 cup PRUNES W/O VIT-C, STRAINED  
1 tsp VANILLA EXTRACT  
2 tsp CANOLA OIL  
1/8 cup EGG SUBSTITUTE, LIQUID  
1/8 cup SPLENDA BROWN  
1/3 cup PASTRY FLOUR, WHOLE WHEAT  
1/8 cup COCOA, UNSWEETENED, EUROPEAN, POWDER  
1 tbsp SWEETENER, ASPARTAME, EQUAL  
1/4 tsp SALT, TABLE  
1/8 tsp BAKING SODA  
1/4 tsp BAKING POWDER  
2 tsp Buttermilk Powder

### DIRECTIONS

Preheat Oven to 350F

Combine liquid ingredients in a mixing bowl and whisk until smooth.

Combine dry ingredients and then fold into wet ingredients until moist. Pour into cake pan or small baking pan.

Bake for 12-15 minutes or until just done. Do not overcook as brownies may become too dry.

### Nutrition Facts

Serving Size: 1 serving (42.9g)

Servings: 1

Amount Per Serving	
Calories 100	Calories from Fat 20
% Daily Value*	
<b>Total Fat</b> 2g	<b>4%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>6%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 2g	<b>6%</b>
Sugars 6g	
<b>Protein</b> 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet.	