

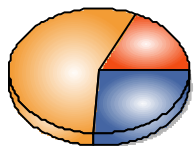


## Lighter Brownies

By: Modified by DrJez from Cooks Illustrated

Recipe grams: 287.35g/10.1oz

Serves 12 23.95g/0.8oz per serving



Protein: 7%  
Carbohydrates: 67%  
Fat: 23%  
Alcohol: 3%

### INGREDIENTS

1/2 cup WHOLE WHEAT PASTRY FLOUR  
1/2 tsp BAKING POWDER  
2 tbsp COCOA, UNSWEETENED, POWDER (DUTCH COCOA)  
1 tbsp VANILLA EXTRACT  
2 tbsp BUTTERY VEGETABLE OIL SPREAD  
1/4 bar BAKING CHOCOLATE, SEMI-SWEET  
1/2 cup SUGAR BLEND FOR BAKING, SPLENDA  
1/4 cup EGG SUBSTITUTE, LIQUID  
1 dash SALT, TABLE

### DIRECTIONS

1. Adjust an oven rack to the middle position and heat the oven to 350 degrees. Line an 8-inch square metal baking pan with parchment paper, or foil lightly coated with vegetable oil spray.
2. Whisk the flour and baking powder together in a small bowl; set aside. In a separate bowl, whisk the cocoa, 1 Tbsp water, and vanilla together; set aside. Microwave the butter spread and chocolate together in a medium microwave-safe bowl on 50 percent power until melted, about 1 minute; whisk until the mixture is smooth. Whisk in the sweeteners and salt until completely incorporated. Whisk in the cocoa mixture, then whisk in the egg substitute. Stir in the flour mixture until just incorporated (do not overmix).
3. Pour the batter into the prepared pan and smooth the top. Bake until a toothpick inserted into the center comes out with a few moist crumbs attached, 20 to 25 minutes, rotating the pan halfway through baking (do not overbake). Cool completely on a wire rack, about 1 hour, lift the brownies out of the pan by grasping onto the parchment paper, and cut into 12 brownies.

### Nutrition Facts

Serving Size: 1 serving (23.9g)  
Servings: 1

| Amount Per Serving                                       |                      |
|--|----------------------|
| Calories 90  | Calories from Fat 20 |
| % Daily Value*   |                      |
| <b>Total Fat</b> 2g                                      | <b>4%</b>            |
| Saturated Fat 0.5g                                       | <b>2%</b>            |
| Trans Fat 0g   |                      |
| <b>Cholesterol</b> 0mg                                   | <b>0%</b>            |
| <b>Sodium</b> 55mg                                       | <b>2%</b>            |
| <b>Total Carbohydrate</b> 13g                            | <b>4%</b>            |
| Dietary Fiber less than 1g                               | <b>4%</b>            |
| Sugars 9g  |                      |
| <b>Protein</b> 1g  |                      |
| Vitamin A 2%   | Vitamin C 0%         |
| Calcium 0%   | Iron 2%              |
| *Percent Daily Values are based on a 2,000 calorie diet. |                      |