

Light Brownies

Featured in: Prairie Fare
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Ingredients:

- 3/4 c. cocoa
- 1/2 tsp. baking soda
- 5.5 Tbsp. margarine
- 1/2 c. boiling water
- 1 c. sugar
- 1 c. Splenda
- 5.5 Tbsp. melted margarine
- 1/2 c. egg whites
- 1 1/3 c. all-purpose flour
- 1 tsp. vanilla extract
- 1 c. chocolate chips

<http://www.ext.nodak.edu/extnews/newsrelease/2004/121604/03prairi.htm>

Directions:

- Preheat oven to 350 degrees. Grease two 8- by 8-inch baking pans. Stir together the cocoa, baking soda and margarine. Add the boiling water and stir until smooth. Add the sugar and Splenda, then the melted margarine and egg whites. Add the flour and vanilla. Add the chips last. Divide batter between pans and bake for 20 to 25 minutes or until firm in center. Freeze one pan for later. Cut each pan into 12 pieces

Makes 24 servings. Each brownie has 133 calories, 7 grams of fat, 109 milligrams of sodium, 17 grams of carbohydrate and 1 gram fiber.

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