

Low Calorie Cheesecake Brownies Recipe - 2 Points + - LaaLoosh

<http://www.laaloosh.com/2011/09/06/low-calorie-cheesecake-brownies-recipe/>

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photo credit: food network

Ok people... Labor Day is over, which means summer is coming to an end. And soon, the gluttonous holiday season will be upon us. So, it's time to crack down NOW, and stick with your weight loss plan!! And this delicious Low Calorie Cheesecake Brownie Recipe will be just what you need to help you stay on track, but still feel like you are indulging. By making a few simple

substitutions in a traditional cheesecake brownie recipe, I was able to create a DELICIOUS moist and sweet cheesecake brownie that has a lot less fat and calories than before. If you've got a sweet tooth, and need a little something to take the edge off, try these low calorie cheesecake brownie bars! You can enjoy a fabulous, guilt-free dessert for just 2 Points +!

Low Calorie Cheesecake Brownies

For just 2 Points +, indulge in a decadent treat with this lowfat Cheesecake Brownie Bars Recipe. The perfect lowcalorie snack or dessert for any Weight Watcher, this easy recipe is the perfect solution for your sweet tooth.

Ingredients

- **Brownie:**
- 2/3 cup whole-wheat pastry flour
- 1/2 cup unsweetened cocoa powder
- 1/4 teaspoon salt
- 1/4 cup liquid egg substitute
- 2 large egg whites
- 1 1/4 cups packed light brown sugar
- 1/4 cup plain, unsweetened applesauce
- 1/4 cup strong coffee
- 2 tsp vanilla extract

- **Cream Cheese Topping:**

- 4 oz reduced-fat cream cheese
- 1/4 cup sugar
- 1/4 cup liquid egg substitute
- 1 tbsp all-purpose flour
- 1 tbsp nonfat plain Greek yogurt
- 1 tsp vanilla extract

Instructions

1. Preheat oven to 350° F.
2. Coat a 7-by-11-inch brownie pan or baking pan with cooking spray.
3. To make cream cheese topping: Place cream cheese in a small mixing bowl and beat with an electric mixer until smooth and creamy. Add sugar and beat until smooth. Add egg, flour, yogurt and vanilla; beat until well blended.
4. To prepare brownie: Whisk whole-wheat flour, cocoa and salt in a bowl. Place egg, egg whites and brown sugar in a large bowl and beat with the electric mixer on medium speed until smooth. Add applesauce, coffee and vanilla; beat until well blended. Add the dry ingredients and beat on low speed just until well blended, stopping once to scrape down the sides.
5. Scrape about half of the brownie batter into the prepared pan. Slowly pour the topping evenly on top. Drop the remaining brownie batter in large dollops over the topping. Draw the tip of a sharp knife or skewer through the two batters to create a swirled effect.
6. Bake the brownies until the top is just firm to the touch, about 20 minutes. Let cool completely in the pan on a wire rack. Cut into 24 bars.

Preparation time: 20 minute(s)

Cooking time: 2 hour(s)

Diet type: Vegetarian

Diet tags: Low calorie, Reduced fat

Number of servings (yield): 24

Culinary tradition: USA (Traditional)

Entire recipe makes 24 servings

Serving size is 1 brownie

Each serving = 2 Points +

PER SERVING: 76 calories; 2 g fat; 15 g carbohydrates; 3 g protein; 1 g fiber