

February 2006 Recipe of the Month

Our Best No-Butter Brownies

- 1 cup unbleached white flour (or $\frac{1}{2}$ cup white and $\frac{1}{2}$ cup whole wheat flour)
- $\frac{1}{3}$ cup unsweetened cocoa powder
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ teaspoon baking soda
- 1 teaspoon baking powder
- 1 ounce unsweetened baking chocolate
- $\frac{1}{4}$ cup canola oil
- $\frac{1}{4}$ cup light corn syrup
- $\frac{1}{4}$ cup unsweetened applesauce
- 1 cup packed brown sugar
- 1 teaspoon pure vanilla extract
- 1 large egg
- 1 large egg white

Preheat oven to 350°. Prepare a baking pan that is about 8x11 inches with cooking spray or a light coating of oil (7x11 baking pan is ok, it just makes thicker brownies).

Sift together the flour, cocoa, salt, baking soda, and baking powder and set aside.

In a saucepan, melt the chocolate in the oil on medium-low heat and transfer to a mixing bowl. Stir in the corn syrup and applesauce. Add the brown sugar and vanilla and beat with a mixer or by hand for about 2 minutes, until creamy. Add the egg and egg white and beat for another minute or so until smooth.

Fold in the sifted dry ingredients until just mixed and pour the batter into the prepared pan. Bake for 30 – 35 minutes, or until a knife inserted in the center comes out clean.

Makes 12 Brownies.

Per 2 oz serving: 200 calories, 6.7 grams fat (1.5gm saturated fat), 34.5 grams carbohydrate, 22mg cholesterol, 120 mg sodium, .4 grams fiber.

This recipe was taken from a previous “Cookbook of the Quarter” Moosewood Restaurant Low-Fat Favorites.

February is Heart Month

It is also a time to celebrate each other on Valentine’s Day.

This recipe was chosen in honor of our patients, to let them know how much we care about them. By adding applesauce and cocoa it significantly reduces the fat and still produces fudgy brownies like the kind you get out of a box. We hope you enjoy these lower fat brownies. Happy Valentine’s Day and Heart Healthy Month!

Your Partners in Health,
Candace and Laura