

Applesauce Brownies

Brownies are always a welcome treat. This recipe uses applesauce to help keep the fat content down without sacrificing flavor!

Makes: 16 servings
Prep Time: 10 minutes
Cook Time: 20 minutes

Source: Source : missourifamilies.org

Ingredients

- 1/2 cup all-purpose flour
- 1/2 cup unsweetened baking cocoa
- 1/2 teaspoon baking powder
- 1/2 cup sugar
- 1/8 teaspoon salt
- 2 tablespoons canola oil
- 4 ounces unsweetened applesauce
- 2 teaspoons vanilla extract
- 1 egg, lightly beaten
- 2 egg whites

Directions

1. Preheat oven to 350 degrees. Spray an 8 by 8-inch baking pan with cooking spray.
2. Whisk flour, cocoa, baking powder, sugar, and salt in a small bowl.
3. In a medium bowl, combine oil, applesauce, vanilla, egg, and egg whites. Gradually stir dry ingredients into wet ingredients until well combined.
4. Pour into baking pan and bake for 20 minutes, until sides pull away from edge of pan. Cool in pan and cut into 16 squares.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1 Brownie (1/16 of recipe)

Nutrients	Amount
Calories:	74
Total Fat:	2.4g
Saturated Fat:	.6g
Cholesterol:	13mg
Sodium:	45mg
Total Carbohydrates:	11.6g
Dietary Fiber:	1g
Protein	1.7 g

Utensils Needed

- Measuring Utensils
- Baking Pan
- Mixing Spoon or Whisk
- Mixing Bowls (Small and Medium)

SHOPPING LIST

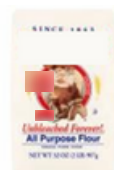
Average total cost without oil and seasonings: \$18.18

Average cost/serving: \$1.14

Recipe makes: 16 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget, and location.

Ingredients



Add 1 to Cart
All-Purpose Flour



Add 1 to Cart
Unsweetened Applesauce



Add 1 to Cart
Unsweetened Baking Cocoa



Add 1 to Cart
Vanilla Extract



Add 1 to Cart
Baking Powder



Add 1 to Cart
1 Dozen Eggs



Add 1 to Cart
Sugar

SAVE TIME, SAVE MONEY

My Cooking Notes

Similar Recipes

- Cut costs by reusing these ingredients in other recipes found on snapedny.org, such as:
 - Latkes
 - Apple Chunk Cake