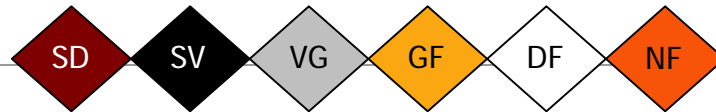


Healthy Swaps Chocolate Brownies

(*see dietary notes)



Recipe by: Chef Kelly Yorke

This recipe produces brownies that are chocolaty, chewy and moist, and are lower in calories, fat, carbohydrates, cholesterol and sodium than the original inspiration recipe for "Chewy Brownies" that was developed by Americas Test Kitchen.

Ingredients:

1/3 cup	Dutch-process cocoa powder
1 – 1/2 tsp.	Instant coffee granules
1/2 cup + 2 Tbsp.	Boiling water
2 ounces	Unsweetened chocolate squares, finely chopped
1/3 cup	Avocado puree
3 Tbsp.	Almond Butter, (Earth Balance Brand Recommended)
1/2 cup	Egg Beaters®, or Liquid Pasteurized Eggs, or two beaten eggs
2 tsp.	Almond Extract
1 – 1/4 cup	Stevia Extract In the Raw®
1/2 cup	Splenda, Brown Sugar Blend
1/2 cup	Buckwheat Flour
1/2 cup	Oat Flour, GF Whole Grain (Bob's Red Mill Brand Recommended)
1/2 cup	Almond Meal (or ground almonds)
1/2 tsp.	Salt
3/4 cup	Bittersweet Chocolate Chips

Directions:

1. Preheat oven to 350 °F. Spray a 9 x 13 inch baking pan with vegetable cooking spray (or) line pan with non-stick foil (or) line pan with foil that has been sprayed with vegetable cooking spray.
2. Place cocoa powder and coffee granules in a large mixing bowl. Add the boiling water and whisk ingredients together until smooth. Add the unsweetened chocolate and stir until chocolate is melted. Stir in the avocado puree, almond butter, eggs, and extract until well incorporated. Add the Stevia and Splenda and mix until well blended. Blend in the flours and salt until well incorporated. Fold in the chocolate chips.
3. Spread batter evenly into the prepared baking pan. Place pan in oven on lowest rack and bake for 25-30 minutes. Do not over bake!
4. Remove pan from oven and place on wire cake rack to cool for 1 to 1 – 1/2 hours. Flip or invert brownies out of pan and onto the wire rack or cutting board in one big piece. Continue to cool brownies for about another hour.
5. When fully cooled, neatly cut brownies into 24, 2-inch bars.

YIELD: 24 Servings

*Dietary Notes:

- To make Vegan (SV), omit eggs and whisk together 2 Tbsp of Bob's Red Mill Egg Replacer with 6 Tbsp of water until frothy. Add mixture to batter in place of eggs as written.
- To make nut-free (NF), replace almond extract with 2 tsp of vanilla extract. Replace almond meal with 1/2 cup brown rice flour (or) 1/2 cup all-purpose flour. Replace almond butter 3 Tbsp Soy butter (or) 3 Tbsp Earth Balance Vegan Buttery Sticks, melted (or) 3 Tbsp Smart Balance Buttery Sticks, melted.

Per Healthy Swaps Serving: 110 Calories, 10g Carbohydrates, 5g Fat, 3g Protein, 2g Dietary Fiber, 0mg Cholesterol, 65mg Sodium

Per Original Recipe Serving: 242 Calories, 31g Carbohydrates, 14g Fat, 3g Protein, 2g Dietary Fiber, 41mg Cholesterol, 82mg Sodium