

Low-Fat Fudgy Brownies

The Tampa Tribune

Makes 3 dozen brownies

Ingredients

- 4 oz unsweetened chocolate
- 1/2 cup prune puree or prepared prune butter
- 3 large egg whites
- 1 cup sugar
- 1 teaspoon salt
- 1 teaspoon vanilla
- 1/2 cup flour
- 1/4 cup walnuts

Instructions

1. Preheat oven to 350°F. Coat an 8-inch square baking pan with vegetable cooking spray; set aside.
2. Cut chocolate into 1-inch pieces and place in a heat-proof bowl. Set over low heat in a small skillet containing 1/2-inch simmering water. Stir occasionally just until chocolate is melted. Remove from heat; set aside.
3. In mixer bowl combine all ingredients except flour and walnuts; beat to blend thoroughly.
4. Mix in flour.
5. Spread batter in prepared pan; sprinkle with walnuts.
6. Bake about 30 minutes until springy to the touch about 2 inches around the edges.
7. Cool on rack. Cut into 1 1/2-inch squares.

LOW-FAT FUDGY BROWNIES**THE TAMPA TRIBUNE**

4 oz. unsweetened chocolate	1 cup sugar
$\frac{1}{2}$ cup prune puree	1 teaspoon salt
or prepared prune butter	1 teaspoon vanilla
3 large egg whites	$\frac{1}{2}$ cup flour
	$\frac{1}{4}$ cup walnuts

Preheat oven to 350 degrees. Coat an 8-inch square baking pan with vegetable cooking spray; set aside. Cut chocolate into 1-inch pieces and place in a heat-proof bowl. Set over low heat in a small skillet containing $\frac{1}{2}$ -inch simmering water. Stir occasionally just until chocolate is melted. Remove from heat; set aside.

In mixer bowl combine all ingredients except flour and walnuts; beat to blend thoroughly. Mix in flour. Spread batter in prepared pan; sprinkle with walnuts. Bake about 30 minutes until springy to the touch about 2-inches around the edges. Cool on rack. Cut into 1½-inch squares..

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Calories 58; Cholesterol 0 mg; Sodium ⁷⁰56 mg;
Calories from fat: ^{17%}25%. **FAT 29**