

Easy Brownies

Makes 9 Servings; 1 brownie per serving

Nutrients Per Serving:

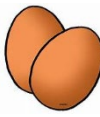



240 Calories | 6g Fat (3g Saturated) | 44g Carbohydrates | 28g Added Sugar | 3g Protein | 180 mg Sodium | 2 g Fiber

Equipment Needed

 <p>Measuring cups</p>	 <p>Mixing bowl</p>	 <p>Rubber spatula</p>	 <p>8x8 Cake pan</p>	 <p>Timer</p>
 <p>Liquid measuring cup</p>	 <p>Kitchen shears</p>	 <p>Oven</p>		

Ingredients Needed







Brand names that may be used in this recipe are not intended to endorse brands. Use any brand of your choice.

 <p>2 eggs</p>	 <p>1 brownie mix</p>	 <p>1 (4 oz.) snack pack unsweetened applesauce or 1/2 cup</p>	 <p>1/4 cup water</p>	<p>Cooking spray</p>
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Recipe continued on back page.

Directions

(Tbsp = tablespoon, tsp = teaspoon)

<p>1</p>  <p>Wash hands.</p>	<p>2</p>  <p>Preheat oven to 350°F.</p>	<p>3</p>  <p>Spray pan pan with cooking spray.</p>	<p>4</p>  <p>Mix 2 eggs, 1/4 cup water, brownie mix, and applesauce with a rubber spatula.</p>
<p>5</p>  <p>Pour brownies into a greased pan. Bake at 350° for 20-25 minutes. Note: A toothpick will come out clean when put in the center of the brownies.</p>	<p>6</p>  <p>Enjoy!</p>		



TALKING POINTS

Brownies

SAFETY

1. Wash hands before you handle food.
 - Place 1 drop of soap on hands; wash hands between fingers, fingernails & wrists for 21 seconds. Dry hands thoroughly because germs like moisture and warmth to grow.
 - Do not touch hair, apron, dog etc. If you do, you will need to rewash your hands.
 - If you cough or blow your nose you will need to rewash your hands.

COOKING TIPS

1. Using applesauce to replace oil, reduces the fat intake. You add the same amount of applesauce as the oil that is in the recipe.
2. You can test the brownies to be sure they are done by taking a toothpick and poking it in the center of the brownies. When you take it out there will be a smear of brown color on the toothpick but no wet batter. There will be a few moist crumbs sticking to the toothpick after it comes out.

