

Mike & Christines Fat Free Brownies

Fat Free Brownies

3/4 cup white whole wheat flour (alt: all purpose flour)

1 cup sugar

1/2 cup dark (alt: regular) cocoa

2 teaspoons cornstarch

1/4 teaspoon baking soda

1/4 teaspoon salt

1 egg white (optional)

1 tsp vanilla

2 containers of fat free vanilla yogurt (i.e. yogurt cups, about 125g each)

Nonstick Cooking Spray

You can always get creative and add in things like nuts, dried fruits, or chocolate chips to the mix.

Preheat Oven to 350 degrees F

Mix flour, sugar, cocoa, cornstarch, baking soda and salt in a bowl. Add in yogurt, vanilla and optional egg white. Stir well to combine.

The mixture is fairly dry and thick, and will take a bit of work to fully combine.

Spread into a 8×8 pan that has been sprayed with nonstick cooking spray. Bake for approx 25 minutes.