

Brownie Cookies

Ingredients

- 20 ounce box of any brownie mix (best with dark chocolate mix)
- ½ cup brown sugar
- 4 tablespoons of flour
- 6 tablespoons of applesauce (best if natural)
- 2 egg whites

Directions

1. Preheat the oven to 350 degrees and place foil onto cookie sheet and spray with nonfat cooking spray
2. Place the egg whites, brown sugar, and applesauce in a bowl and mix well
3. Place flour and brownie mix into the same bowl and mix until fully incorporated
4. Place small spoonfuls onto cookie sheet
5. Each cookie should be about 1 ½ inches wide. Make sure they are placed at least 2 inches apart from each other because they will expand
6. Bake in oven at 350 degrees for 10 minutes
7. Let cool before serving

Makes 2 dozen cookies

Dietician suggests: Serving size of 1 cookie at 102 calories

"This is one of my favorite desserts because it is easy to make, low-fat, and tastes delicious. It reminds me of being back at college when we would try to make as much as we could with very few ingredients."

-Melissa, Cranford



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