

Healthier Brownies

I found this recipe on Food.com where it was given a high rating. They said you would never guess that they were low fat and suggested using a higher quality cocoa for an even richer flavor. Can I just say, that it has been my experience, that the type of cocoa being used in a recipe really does make a big difference? In my opinion, Dutch cocoa is the very best! It's one ingredient that I don't mind spending more money on because it's taste is so superior.



- 1/2 cup cocoa
- 1 cup flour
- 1 teaspoon baking powder
- 1 teaspoon vanilla
- 1/2 teaspoon salt
- 2 Tablespoons butter
- 1 3/4 cup white sugar
- 2 egg whites
- 3/4 cup applesauce

Preheat oven to 350 degrees. In a large bowl, cream the butter and sugar together using a hand mixer. Add egg whites, applesauce and vanilla. Mix all other ingredients in a separate smaller bowl and add to wet ingredients in the large bowl. DO NOT over mix! Spray 8x8 inch pan with cooking spray. Bake for 30 minutes.