

## **Double-Chocolate Brownies**

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### **INGREDIENTS:**

1 C sugar  
1/4 C vegetable oil  
1/4 C plain nonfat yogurt  
1 tsp vanilla extract  
3 egg whites  
1/2 C all-purpose flour  
1/3 C Dutch process cocoa  
1/4 tsp baking powder  
1/4 tsp salt  
Vegetable cooking spray  
1/4 C semisweet chocolate morsels

### **INSTRUCTIONS:**

Combine first 5 ingredients in bowl; beat at medium speed till well-blended. Combine flour, cocoa, baking powder & salt; stir well. Add to sugar mixture; beat just till dry ingredients are moistened. Pour mixture into 9" square baking pan coated with cooking spray. Bake 25 minutes at 375°. Remove from oven and sprinkle with chocolate morsels. Let stand 3 minutes or till morsels soften; spread softened morsels over brownies, using a knife or metal spatula. Let cool on wire rack.

**YIELD:** 16 brownies (serving size: 1 brownie)

**NUTRITIONAL INFO:** CALORIES 114 (33% from fat); PROTEIN 1.8g; FAT 4.2g (sat 1.1g, mono 1.2g, poly 1.7g); CARB 17.5g; FIBER 0.1g; CHOL 0mg; IRON 0.5mg; SODIUM 50mg; CALC 16mg