

Scratch Chocolate Chip Brownies

Submitted by Holly Cruser

3/4 cup unsweetened applesauce
1 cup + 1 Tbs unbleached flour
3/4 cup unsweetened cocoa powder
1/2 tsp salt
1 lg egg
2 lg egg whites
2 cups sugar
1 tsp vanilla extract
1/4-1/2 cup mini semisweet chocolate chips



Strain applesauce for 15 minutes. There should be about 1/2 cup left.
Preheat oven to 350F. Grease 11x7 (I use butter) baking dish.
In a medium bowl, combine flour, cocoa, salt and set aside.
In large bowl beat eggs until frothy. Add sugar, applesauce and vanilla.
Stir until sugar dissolves.
Add dry ingredients and chocolate morsels.
Stir until just blended and pour into prepared dish. Bake for 30 minutes.
Cool in dish on rack. Makes about 15 at only 174 calories each, 40 carbs.