

Brownies

Ingredients

Brown sugar	1/4 cup packed
Chocolate instant pudding mix	1 small box
Cocoa, unsweetened	3 Tbsp
Water	5 Tbsp
Chocolate flavored almond bark*	90 grams
Butter	2 Tbsp
Wel-Plan baking mix (or Loprofin)	1 cup
Baking powder	1 tsp
Salt	1/4 tsp

Directions

1. Preheat oven to 375°F.
2. In a medium mixing bowl, combine brown sugar, pudding mix, and cocoa.
3. Add water 1 Tbsp at a time, mixing until thoroughly combined.
4. Melt almond bark and butter together in microwave (80 seconds to start; stir and then 20 seconds more if needed).
5. Add melted bark/butter mixture into sugar/pudding/cocoa mixture, mixing well.
6. In separate bowl, stir together Wel-Plan (or Loprofin), baking powder, and salt; slowly add to creamed mixture mixing until thoroughly combined. (Can use electric mixer but is very thick).
7. Spread batter into 8-or 9-inch square baking pan, smoothing top with wet spatula. Bake for 15 minutes.

Cool on wire rack.

Yield: 16 bars

*Nutrient content calculated using **Flavorite** Almond Bark, but will vary slightly with brand. Here are various chocolate barks:*

Ambrosia: 1 square (56g) = 20 mg phe & 0.5 g pro

Best Choice: 1 ounce (28g) = 38 mg phe & 0.8 g pro

Fisher Chef's Natural 1 square (47g) = 67 mg phe & 1.4 g pro

*McAdams or **Flavorite** 1 section (56g) = 34 mg phe & 0.7 g pro*

Nutrition Facts

	Per Recipe	Per Brownie
Calories:	1993	125
Protein:	6.9 g	0.4 g
Phe:	299 mg	19 mg (1 1/2 exchanges)
Leu:	402 mg	25 mg (1 exchange)
Met:	69 mg	4 mg
Ile:	250 mg	16 mg