



The Goldring Center
for Culinary Medicine

TULANE UNIVERSITY

Applesauce Brownies

This recipe makes great leftovers!

Storage instructions: Plastic wrap the brownies individually, and place them in a freezer bag in the freezer.

Ingredients:

1/4 cup	Flour, all purpose
3 Tbsp	Flour, whole wheat
1/4 cup	Cocoa powder
1/4 tsp	Salt
1 each	Egg
2 each	Egg whites
3/4 cup	Light brown sugar
3/4 cup	Applesauce, unsweetened
1 1/2 tsp	Vanilla extract
2 Tbsp	Pecans, chopped

Preparation:

1. Gather all ingredients and equipment
2. Preheat the oven to 350 degrees
3. In a large bowl combine the All Purpose flour, Whole Wheat flour, cocoa powder, and salt; mix well.
4. In a separate bowl, whisk together the egg whites, whole egg, applesauce, sugar, applesauce, and vanilla extract.
5. Add the egg mixture to the bowl with the flour mixture. Use a wooden spoon or spatula to mix ingredients until incorporated. The mixture can be lumpy – **DO NOT OVER MIX!**
6. Pour the mixture into a greased 8x8-inch pan and sprinkle the chopped pecans on top.
7. Bake in an oven for 25-30 minutes or until a toothpick inserted near the center comes out clean.
8. Allow the pan to cool for 10-15 minutes then slice and serve.

Nutrition Facts

Serving size	1 brownie	
Servings	9	
Calories	120	
Calories from Fat	20	
Total Fat	2	g
Saturated Fat	0	g
Trans Fat	0	g
Monounsaturated Fat	1	g
Cholesterol	21	mg
Sodium	87	mg
Total Carbohydrates	25	g
Dietary Fiber	2	g
Sugars	18	g
Protein	3	g
Vitamin A	3	%
Calcium	0	%
Vitamin C	0	%
Iron	4	%
