

Walnut Oat Brownies

Source: Taste of Home Healthy Cooking 2009 Annual Recipes

1/3 cup quick-cooking oats
1/3 cup nonfat dry milk powder*
1/4 cup toasted wheat germ
1/3 cup packed brown sugar
2 tbsp sugar
1/2 tsp. baking powder
1/4 tsp. salt (optional)
6 squares (1 oz. each) semisweet chocolate
1/4 cup butter
1/2 cup egg substitute
1/4 cup chopped walnuts
1 tsp. vanilla extract

1. In a large bowl, combine the first seven ingredients.
2. In a microwave-safe bowl, melt chocolate and butter; cool slightly.
3. Add the egg substitute, walnuts and vanilla to the chocolate mixture.
4. Stir in the dry ingredients
5. Pour into an 8 inch square baking dish coated with cooking spray.
6. Bake at 350 degrees for 20-30 minutes. Test for doneness at 20 minutes. Brownies will be done when a toothpick inserted near the center comes out clear.
7. Cool on a wire rack.
8. Cut into bars

Prep: 15 minutes

Bake: 25 minutes

Serves: 12

Per Serving:

180 calories

10 g fat (5 g sat. fat)

11 mg cholesterol

145 mg sodium

19 g carbohydrates

2 g fiber

5 g protein

* I substituted 1/3 cup Usana Nutrimeal Vanilla Protein Powder for t nonfat dry milk powder. This added protein to the recipe. The calorie count and food breakdown will be slightly modified if you use a protein powder.

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