

# Good Lean but Luscious Chocolate Brownies

1/2 cup flour	1/4 cup butter melted
1/2 cup cocoa powder	1 egg
1/2 teaspoon baking powder	2 tablespoons milk
1/4 " " salt	1 1/2 tsp vanilla
2/3 cup sugar	1 jar baby food strained plums (128 mL)

In bowl sift flour, cocoa, baking powder + salt.

In bowl using mixer beat sugar with butter until combined but not smooth, beat in egg, milk + vanilla. Stir in flour alternately with plums.

Spread in 8 in pan. 350° - 20 mins -  
makes 16 squares.

93 cal.

1 g pro

4 g fat

1 g fiber

99 mg sodium

1% calcium

4% iron

4% vit #.

1% folate.