

## Weight Watchers Brownies

- ① 3 cups all bran  
2½ cups cold water

Soak cereal + water for 5 mins.

- ② Mix Betty Crocker low fat mix as directed on package.

3. Add 1½ teaspoons baking powder +

Better croaker  
mix to brown + water.

Do not use electric mixer:

Bake - 350° - 20-25 mins

Muffin tins large makes 12.  
2 points each.

Small muffin tins makes 24.  
1 point each.

This recipe is all about fibre