

Recipes for Healthy Living

Food for Thought

Every 24 hours 1,200 people die from diabetes. Diabetes is the leading cause of kidney failure, accounting for more than 44% of the new cases each year and nearly 35% of all cases in the United States.

Use this delicious recipe as part of a healthier diet!

Double Chocolate Brownies

Ingredients

2/3 cup	All-Purpose Flour
2/3 cup	Sugar
1/2 cup	Unsweetened Cocoa
1/4 cup	Butter, Melted
2 tbsp	Water
1 tsp	Vanilla Extract
1/2 tsp	Baking Powder
1/3 cup	Egg Substitute
1/4 cup	Fat-Free Hot Fudge Sauce



Preparation Instructions

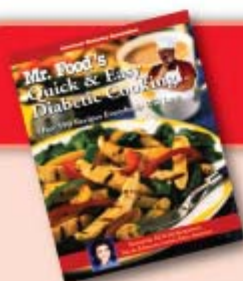
1. Preheat the oven to 350° F. Coat an 8-inch square baking dish with nonstick cooking spray.
2. In a large bowl, combine all the ingredients except the fudge sauce; mix well, then spread half the batter in the baking dish. Top with the hot fudge sauce, then spread the remaining batter over the sauce.
3. Bake for 25–30 minutes, or until a toothpick inserted in the center comes out clean. Cool completely, then cut into squares and serve.
4. Serving size is 1 square. Recipe yields 16 servings.

Exchanges Per Serving

1 Carbohydrate
1/2 Fat

Nutrition Information: Amount Per Serving

Calories 98—Calories from Fat 30
Total Fat 3g—Saturated Fat 2g
Cholesterol 8mg
Sodium 69mg
Total Carbohydrate 17g
Dietary Fiber 1g | Sugars 11g
Protein 2g



This recipe is from:
Mr. Food's Quick and Easy Diabetic Cooking,
published by the American Diabetes Association.

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Diabetes
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