Applesauce Brownies

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Yield: 16 servings

1/3 c	Vegetable oil	1 ts	Baking powder
1/2 c	Unsweetened applesauce	1/2 ts	Baking soda
1/2 c	Unsweetened cocoa powder	2 lg	Eggs
1/2 c	Sugar	1 ts	Vanilla extract
1 c	All-purpose flour	1/4 c	Chopped nuts

16 big servings, 24 servings if you follow the 1 tsp. sugar per serving guideline of ADA, or try using part sugar/part artificial sweetener to cut down on calories. The original recipe is almost like cake.

Preheat oven to 375 F.

Combine oil, applesauce and cocoa. Add sugar and stir until dissolved. Add eggs and vanilla. Mix dry ingredients together and stir into the mixture.

Pour the batter into a greased and floured (or wax paper lined + sprayed) 9 inch square pan. Sprinkle on nuts. (Still tastes good if you forget.)

Bake about 20 to 30 minutes or until top is set but edges are not dried out. Toothpick will come out clean. Cut into 16 or more squares.

1/16 recipe = 165 calories, 1 starch + 1 fat + 1 fruit exchange 3 grams protein, 27 grams carbohydrate, 7 grams fat, 84 mg sodium

1/24 recipe = 110 calories (1 tsp sugar per serving) 2 grams protein, 18 grams carbohydrate, 5 grams fat, 56 mg sodium

Adapted from Quick + Easy Diabetic Menus by Betty Wedman, 1993 Shared and tested by Elizabeth Rodier Feb 94.

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