

Chocolate Raspberry Brownie Bites with Walnuts



Under 100 calories, these bite-sized brownies have been transformed, guilt-free!

Per serving: 86 calories and 3.3 g fat

Saves: 38 calories and 4.6 g fat!

Suggestions: These freeze well and are great for take-along snacks or for a dessert tray.

Serves: 24 person(s)

Preparation Time: 20 minutes

Cooking Time: 10 minutes

Ingredients:

To produce a treat that is under 100 calories, Chocolate Raspberry Brownie Bites replaces the whole milk and the higher amount of butter with unsweetened applesauce. This keeps them moist without the added fat.

And, by cutting out half of the amount of nuts and adding raspberry jam, these mini muffins are max in flavor with minimum calories.

Recipe Makeover:

1 Tbsp butter
2 oz bittersweet chocolate, chopped
1/3 cup unsweetened applesauce
1/2 cup seedless raspberry jam
1/2 cup packed brown sugar
1 egg
1 egg white
1 tsp vanilla
3/4 cup all-purpose flour
1/2 cup chopped walnuts

Traditional Recipe:

1/2 stick butter
5 oz extra dark chocolate, chopped
1/4 cup sugar
1 jumbo egg
2/3 tsp baking powder
2 1/2 Tbsp sweetened cocoa powder
5 oz all-purpose flour
1 tsp salt
1/4 cup whole milk (3.25% fat)
4 oz pecans, chopped

Directions:

- In glass bowl, melt butter and chocolate in microwave, pausing to stir once, until melted and smooth, about 1 minute.
- Stir in applesauce, jam and sugar until well blended. Lightly beat egg with egg white and vanilla. Stir into chocolate mixture. Gently stir in flour and walnuts.
- Use light cooking spray to grease mini-muffin pan. Spoon batter into pan, filling to top. Bake in 350°F oven until tester comes out clean, about 10 to 12 minutes.
- Let cool in pan 5 minutes; transfer to rack and cool completely. Repeat with remaining batter.

Nutritional Information

(Per Serving)

	<u>Makeover:</u>	<u>Traditional:</u>
Calories:	86	124
Fat	3.3 g	7.9 g
Cholesterol	19.0 mg	17.0 mg Sodium
	10 mg	138 mg Saturated Fat
	1.0 g	2.9 g