



Nutrition

RECIPE MODIFATIONS- BROWNIES

Brownie Recipe- Standard

Ingredients

- ½ cup unsalted butter
- 1 cup granulated sugar
- 1 tsp. vanilla extract
- 2 eggs
- 1/3 cup cocoa powder
- ½ cup AP Flour
- ¼ tsp. iodized salt
- ¼ tsp. baking powder

Procedure

1. Preheat oven to 350°F.
2. Line pan with parchment or spray with non-stick spray.
3. Melt butter.
4. Beat eggs with sugar then add vanilla. Add the dry ingredients and melted butter.
5. Pour into pan and bake approximately 20-30 minutes.
6. Allow to cool before cutting

<https://www.myfitnesspal.com/recipe/calculator>

Entire Recipe Per serving (total÷16):

	Entire Recipe	Per serving (total÷16):
Total Calories		
Carbs		
Fat		
Protein		
Sodium		
Sugar		



Nutrition

Brownie Recipe- Vegan

Ingredients

- ½-cup vegetable oil
- 1 cup granulated sugar
- 1 tsp. vanilla extract
- ½ package silken tofu- blended until smooth
- 1/3 cup cocoa powder
- ½-cup AP flour
- ¼ tsp. iodized salt
- ¼ tsp. baking powder

Procedure

1. Blend tofu until smooth.
2. Preheat oven to 350°F.
3. Line pan with parchment or spray with non-stick spray.
4. Mix tofu, oil, sugar and vanilla together.
5. Mix together cocoa powder, flour, salt and baking powder.
6. Mix the wet and dry ingredients together.
7. Pour into pan and bake approximately 20-30 minutes.
8. Allow to cool before cutting.

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	Entire Recipe	Per serving (total÷16):
Total Calories		
Carbs		
Fat		
Protein		
Sodium		
Sugar		



Nutrition

Brownie Recipe- No Added Fat

Ingredients

- ½-cup applesauce
- 1-cup granulated sugar
- 1 tsp. vanilla extract
- 3 eggs
- 1/3 cup cocoa powder
- ½-cup AP flour
- ¼ tsp. iodized salt
- ¼ tsp. baking powder

Procedure

1. Preheat oven to 350°F.
2. Line pan with parchment or spray with non-stick spray.
3. Beat eggs with sugar then add vanilla, dry ingredients and applesauce.
4. Pour into pan and bake approximately 20-30 minutes.
5. Allow to cool before cutting.

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Entire Recipe Per serving (total÷16):

Total Calories		
Carbs		
Fat		
Protein		
Sodium		
Sugar		



Nutrition

Brownie Recipe- Egg Free

Ingredients

- ½-cup unsalted butter
- 1-cup granulated sugar
- 1 tsp. vanilla extract
- 2 tbsp. ground flax seeds
- 6 tbsp. warm water
- 1/3 cup cocoa powder
- ½-cup AP flour
- ¼ tsp. iodized salt
- ¼ tsp. baking powder

Procedure

1. Preheat oven to 350°F.
2. Line pan with parchment or spray with non-stick spray.
3. Mix the ground flax seeds with the water and set aside until the mixture becomes gelatinous.
4. Melt butter.
5. Beat the flax seed mixture with sugar then add the vanilla, dry ingredients and melted butter
6. Pour into pan and bake approximately 20-30 minutes.
7. Allow to cool before cutting.

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Entire Recipe Per serving (total÷16):

	Entire Recipe	Per serving (total÷16):
Total Calories		
Carbs		
Fat		
Protein		
Sodium		
Sugar		



Nutrition

Brownie Recipe- Sugar Free

Ingredients

- ½-cup unsalted butter
- 8 individual packs splenda or truvia
- ½-cup applesauce
- 1 tsp. vanilla extract
- 3 eggs
- 1/3 cup cocoa powder
- ½-cup AP flour
- ¼ tsp. iodized salt
- ¼ tsp. baking powder

Procedure

1. Preheat oven to 350°F.
2. Line pan with parchment or spray with non-stick spray.
3. Melt butter.
4. Beat eggs with applesauce then add vanilla.
5. Mix flour, salt, baking powder, cocoa powder, and sweetener. Add to wet ingredients
6. Pour into pan and bake approximately 20-30 minutes.
7. Allow to cool before cutting.

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Protein		
Sodium		
Sugar		



Nutrition

Brownie Recipe- No Cholesterol/ No Saturated Fat

Ingredients

½-cup vegetable oil
1-cup granulated sugar
1 tsp. vanilla extract
3 egg whites
1/3 cup cocoa powder
½-cup AP flour
¼ tsp. iodized salt
¼ tsp. baking powder

Procedure

1. Preheat oven to 350°F.
2. Line pan with parchment or spray with non-stick spray.
3. Beat egg whites with sugar, and then add vanilla, dry ingredients and vegetable oil.
4. Pour into pan and bake approximately 20-30 minutes.
5. Allow to cool before cutting.

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Entire Recipe Per serving (total÷16):

Total Calories		
Carbs		
Fat		
Protein		
Sodium		
Sugar		



Nutrition

Brownie Recipe- Gluten Free

Ingredients

1-cup dark chocolate chips
3 oz. unsalted butter
½ tsp. salt
¾-cup sugar
1 tsp. vanilla extract
2 eggs
2/3 cup almond flour
1/3 cup rice flour

Procedure

1. Preheat oven to 325°F.
2. Line pan with parchment or spray with non-stick spray.
3. Melt together the chocolate, butter, and salt.
4. Mix in the sugar and vanilla.
5. Add the eggs and mix well.
6. Add the almond flour and rice flour and mix well.
7. Pour into pan and bake approximately 20-25 minutes.
8. Allow to cool before cutting.

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Total Calories		
Carbs		
Fat		
Protein		
Sodium		
Sugar		