Healthier Brownies

Ingredients

* 1/2 cup unsweetened applesauce at room temperature
* 2 TB butter melted
* 1 cup sugar
* 3/4 cup unsweetened cocoa powder
* 1/4 tsp salt
* 1/2 tsp vanilla extract
* 2 large eggs
* 1/2 cup all purpose flour

Instructions

1. Move a rack to the lower third of the oven and preheat to 325. Prepare an 8 inch square pan by lining it with parchment or foil.
2. Stir the melted butter into the applesauce. If the applesauce is cold and the butter firms up, warm the mixture in the microwave for a few seconds until the butter is melted and the mixture is smooth.
3. In a large bowl, combine the sugar and the applesauce/butter mixture. Stir together. Add the cocoa powder, salt, and vanilla, and stir until combined. Stir in the eggs.
4. Sprinkle the flour over the batter and gently stir until just combined. Bake in the lower third of the oven for about 25 minutes. The center will be risen and the edges will be firm, but a toothpick inserted in the middle should be a bit wet when removed. If the batter on your toothpick becomes firm when cool, the brownies are done.
5. Let cool completely. For best flavor, store these brownies overnight before eating.

**ON YOUR OWN PAPER! AND IN PAIRS!**

**Here are the Nutrition facts on the Brownies you just made.**

**Nutrition Facts**

Healthy Brownie Recipe | Applesauce Brownies

**Amount Per Serving**

**Calories** 170Calories from Fat 36

**% Daily Value\***

**Total Fat** 4g**6%**

Saturated Fat 2g**10%**

**Cholesterol** 43mg**14%**

**Sodium** 103mg**4%**

**Potassium** 140mg**4%**

**Total Carbohydrates** 33g**11%**

Dietary Fiber 2g**8%**

Sugars 23g

**Protein** 3g**6%**

Vitamin A2.6%

Vitamin C0.2%

Calcium1.5%

Iron8.4%

\* Percent Daily Values are based on a 2000 calorie diet.

* 1. **Now Look up and write up the nutritional facts of regular Brownies. Pinterest or allrecipes are good sites.**
	2. **Which nutrients had the biggest differences?**
	3. **How do you and your partner find the taste of the healthier brownies?**
	4. **Do you think the healthier brownies are worth the sacrifice in taste for the health benefits? Explain your answer in a paragraph. 3-4 sentences.**