



Coconut Yogurt Brownies

READY IN



28 min.

SERVINGS



16

CALORIES



104 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon baking soda
- ☐ 0.5 cup tightly brown sugar light packed
- ☐ 3 ounces extra chocolate chips plus dark 63% ()
- ☐ 2 tablespoons natural cocoa powder unsweetened
- ☐ 3 tablespoons virgin coconut oil generous melted
- ☐ 1 large eggs
- ☐ 1 large egg white
- ☐ 16 servings some pecans chopped for sprinkling over the top
- ☐ 0.1 teaspoon salt

- ☐ 1 teaspoon vanilla
- ☐ 2 oz pastry flour whole wheat
- ☐ 0.3 cup coconut yogurt flavored (Yoplait Greek)

Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Preheat oven to 350 degrees F. Line an 8 inch square metal pan with foil and spray foil with cooking spray. In a small, microwave-safe bowl, combine 1/2 cup of the chocolate chips and the melted coconut oil. Microwave at 50% power, stirring every 30 seconds, until chocolate is melted and smooth. Stir in the cocoa powder and Set aside to cool slightly. In a medium size mixing bowl, gently whisk together the egg, egg white, salt, brown sugar, coconut yogurt and vanilla – do not overbeat, just whisk enough to blend.
- ☐ Whisk in the melted chocolate/coconut oil mixture.
- ☐ Mix the pastry flour (make sure it weighs 2 ounces) with the baking soda in a separate cup, then add to the batter and stir just until mixed. Stir in the remaining 1/4 cup chocolate chips.
- ☐ Pour into the pan and sprinkle with pecans.
- ☐ Bake on center rack for 18 minutes or until brownies appear set but not too dry – it's important not to overbake. A pick inserted should come out with a little brownie on it (though probably not wet batter!).
- ☐ Let cool for about 30 minutes on a rack, then chill for about 2 hours. Lift from pan and cut into squares. Return to room temperature before serving.

Nutrition Facts



 PROTEIN **5.31%**  FAT **45.06%**  CARBS **49.63%**

Properties

Glycemic Index:3.19, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:2.0008695925707%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 103.55kcal (5.18%), Fat: 5.44g (8.37%), Saturated Fat: 3.42g (21.38%), Carbohydrates: 13.48g (4.49%), Net Carbohydrates: 12.78g (4.65%), Sugar: 10.01g (11.12%), Cholesterol: 12.12mg (4.04%), Sodium: 47.04mg (2.05%), Alcohol: 0.09g (100%), Alcohol %: 0.37% (100%), Protein: 1.44g (2.88%), Manganese: 0.22mg (10.97%), Selenium: 3.86µg (5.51%), Phosphorus: 30.43mg (3.04%), Copper: 0.06mg (2.84%), Fiber: 0.71g (2.83%), Magnesium: 10.89mg (2.72%), Vitamin B2: 0.04mg (2.22%), Iron: 0.35mg (1.94%), Calcium: 18.8mg (1.88%), Potassium: 64.78mg (1.85%), Vitamin B1: 0.03mg (1.82%), Zinc: 0.25mg (1.64%), Vitamin B6: 0.03mg (1.34%), Vitamin B3: 0.22mg (1.08%), Vitamin B5: 0.11mg (1.07%)