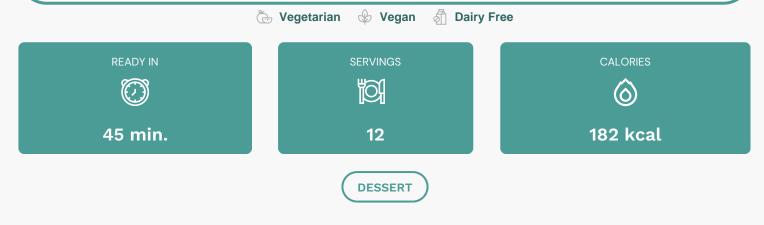


Fatfree and Fabulous Fudgy Brownies



Ingredients

O.3 teaspoon double-acting baking powder
O.8 cup flour white
1 cup granulated sugar
O.3 teaspoon ground cinnamon
0.5 tbsp ground flaxseed
0.5 cup maple syrup pure
O.3 teaspoon salt
0.8 cup silken tofu firm crumbled ()

	0.5 cup cocoa powder unsweetened
	2 teaspoons vanilla extract
	0.3 cup walnut pieces chopped (optional-depending on how nutty you like your brownies)
	0.5 cup water
	0.5 cup flour whole wheat
Equipment	
	frying pan
	oven
	mixing bowl
	blender
	baking pan
	glass baking pan
Directions	
	Mix the ground flax seeds with 1- 1/2 tablespoons of hot water and set aside. (
	Mixture will thicken slightly.) Preheat the oven to 350 degrees F. Mist an 8-inch x 8-inch x 2-inch glass baking pan with non-stick cooking spray and set it aside. Blend the tofu, water, maple syrup, cocoa powder, flax mixture, and vanilla extract until completely smooth. (I use a hand-blender, but you can do this in a regular blender.)
	Place the remaining ingredients, except the walnuts, in a medium mixing bowl and stir them together until they are well combined.
	Pour the blended mixture into the dry ingredients in the mixing bowl, and stir them until they are well combined. Fold in the walnuts, if using.
	Pour the batter into the prepared baking pan.
	Bake on the center rack of the oven for 30 minutes, or until a cake tester inserted in the center comes out clean. Completely cool the brownies in the pan.
	Cut and serve.

Nutrition Facts

Properties

Glycemic Index:27.55, Glycemic Load:19.31, Inflammation Score:-2, Nutrition Score:6.2499999661484%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg, Cyanidin: 0.36mg, Cy

Nutrients (% of daily need)

Calories: 181.7kcal (9.08%), Fat: 2.86g (4.4%), Saturated Fat: 0.54g (3.35%), Carbohydrates: 38.26g (12.75%), Net Carbohydrates: 35.91g (13.06%), Sugar: 25.12g (27.92%), Cholesterol: Omg (0%), Sodium: 61.1mg (2.66%), Alcohol: 0.23g (100%), Alcohol %: 0.39% (100%), Caffeine: 8.24mg (2.75%), Protein: 3.31g (6.61%), Manganese: 0.8mg (40.14%), Vitamin B2: 0.24mg (14.1%), Copper: 0.24mg (12.19%), Magnesium: 38.78mg (9.69%), Fiber: 2.35g (9.41%), Selenium: 6.55µg (9.35%), Vitamin B1: 0.13mg (8.4%), Phosphorus: 73.96mg (7.4%), Iron: 1.29mg (7.15%), Folate: 20.29µg (5.07%), Zinc: 0.69mg (4.61%), Vitamin B3: 0.88mg (4.41%), Potassium: 152.43mg (4.36%), Calcium: 35.68mg (3.57%), Vitamin B6: 0.04mg (2.22%)