



Magic Cookie Brownies

READY IN



45 min.

SERVINGS



16

CALORIES



230 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 5 tablespoons firmly brown sugar packed
- ☐ 0.3 cup extra chocolate morsels/chips dark
- ☐ 14 oz condensed milk canned
- ☐ 0.3 cup dutch process cocoa powder (or natural)
- ☐ 1 large eggs cold
- ☐ 6 tablespoons flour all-purpose
- ☐ 7 rectangles graham crackers (14 squares)
- ☐ 0.5 cup granulated sugar

- ☐ 0.5 cup nuts toasted chopped
- ☐ 0.3 teaspoon salt
- ☐ 4 tablespoons butter unsalted
- ☐ 0.8 teaspoon vanilla

Equipment

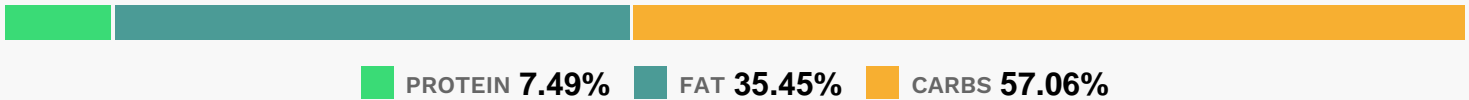
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ toothpicks
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Preheat the oven to 350 degrees F. Line an 8 inch square metal pan with nonstick foil. In a food processor, process the graham crackers into crumbs.
- ☐ Add the sugar and pulse to mix, then add the butter and salt and pulse. Measure out about 2/3 cup of crumb mixture and set aside. Press the remaining crumbs into the pan.
- ☐ Put the pan in the freezer while you make the brownie batter. Prepare the brownie batter. Melt the butter in a medium size saucepan. Stir in the sugar and the cocoa powder. Reduce heat to low and stir gently for about 30 seconds to warm the sugar. Turn off the heat and let the sugar mixture sit for 5 minutes. Stir in the vanilla and salt.
- ☐ Add the cold egg, whisking or stirring just until mixed, then stir in the baking powder and the flour.
- ☐ Let the batter cool somewhat so as not to melt the chocolate chips, then stir them into the batter.

- ☐ Pour into the pan and bake for 20 minutes or until brownies appear set and a toothpick inserted comes out with moist crumbs (not batter).
- ☐ Let cool completely in the pan. When completely cool, press a piece of foil over the brownies and freeze for two hours or until solid.Prepare topping. (this step is optional)
- ☐ Pour the condensed milk into a large microwave–safe bowl and cover with plastic wrap, leaving a little bit uncovered for steam to escape. Microwave for 6 minutes at 50% power, stirring after two minutes, then stirring after every 30 second to 1 minute interval or just before mixture bubbles over the side of the bowl. Keep a close eye on it or it will all bowl over. Or skip this step altogether and just use room temperature, un–microwaved condensed milk.
- ☐ Remove the frozen brownie from the freezer.
- ☐ Sprinkler reserved graham mixture over top and press it to make a tight, thin layer. Meanwhile, mix together the chips and nuts.
- ☐ Pour the condensed milk over the crumb layer.
- ☐ Sprinkle morsel/nut mixture evenly over the condensed milk and press down slightly.
- ☐ Bake in a preheated 350 oven for 25 minutes or until condensed milk is brown and bubbly around edges.
- ☐ Bake an 8 inch or 9 inch square pan of your favorite brownie recipe. Make sure the pan is lined with foil!
- ☐ Put the brownies in the freezer until they are frozen solid. Preheat the oven to 350 degrees F.
- ☐ Drizzle a thin layer of condensed milk over the frozen brownies.
- ☐ Lay graham crackers flat across the brownies.
- ☐ Drizzle remainder of the can (you can use all or slightly less if you want) over the graham crackers, then sprinkle with 1 cup of assorted chips and about half cup of nuts.
- ☐ Bake for 25 minutes or until hot and bubbly. Cool, chill, cut.

Nutrition Facts



Properties

Glycemic Index:25.11, Glycemic Load:17.68, Inflammation Score:-3, Nutrition Score:5.0086956723877%

Flavonoids

Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 230.29kcal (11.51%), Fat: 9.4g (14.46%), Saturated Fat: 4.63g (28.93%), Carbohydrates: 34.04g (11.35%), Net Carbohydrates: 32.58g (11.85%), Sugar: 25.81g (28.68%), Cholesterol: 27.61mg (9.2%), Sodium: 124.76mg (5.42%), Alcohol: 0.06g (100%), Alcohol %: 0.14% (100%), Caffeine: 4.12mg (1.37%), Protein: 4.47g (8.94%), Phosphorus: 123mg (12.3%), Calcium: 99.15mg (9.92%), Vitamin B2: 0.17mg (9.82%), Manganese: 0.18mg (9.24%), Selenium: 6.1µg (8.72%), Magnesium: 31.58mg (7.9%), Copper: 0.15mg (7.27%), Fiber: 1.46g (5.84%), Iron: 0.98mg (5.42%), Zinc: 0.81mg (5.4%), Potassium: 188.34mg (5.38%), Vitamin B1: 0.07mg (4.87%), Folate: 15.72µg (3.93%), Vitamin B3: 0.74mg (3.69%), Vitamin A: 171.53IU (3.43%), Vitamin B5: 0.34mg (3.35%), Vitamin B12: 0.15µg (2.51%), Vitamin B6: 0.05mg (2.31%), Vitamin E: 0.2mg (1.34%), Vitamin D: 0.16µg (1.1%)