



Cream Cheese Browniez



1/16th of the pan (1 brownie): 134 calories, 5.5g total fat (3g sat. fat), 263mg sodium, 25g carbs, 3g fiber, 8g sugars, 4g protein

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Prep: 20 minutes **Cook:** 30 minutes

Cool: 1 hour



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Ingredients

Brownies

1 1/2 cups whole-wheat flour
1/2 cup unsweetened dark cocoa powder
1/2 cup Truvia spoonable no calorie sweetener (or another natural brand about twice as sweet as sugar)
1 1/2 tsp. baking soda
1/4 tsp. salt
1/2 cup canned pure pumpkin
1/2 cup (about 4 large) egg whites or fat-free liquid egg substitute
1/2 cup unsweetened vanilla almond milk
1 tbsp. vanilla extract
1 lb. (about 2 medium) zucchini
1/2 cup mini semi-sweet chocolate chips

Frosting

1/2 cup light/ reduced-fat cream cheese
1/4 cup light whipped butter or light buttery spread
1/2 tsp. vanilla extract
Dash salt
1/3 cup powdered sugar

Directions

Preheat oven to 350 degrees. Spray a 9" X 13" baking pan with nonstick spray.

In a large bowl, combine flour, cocoa powder, sweetener, baking soda, and salt. Mix well.

In a medium bowl, combine pumpkin, egg whites/substitute, almond milk, and vanilla extract. Whisk until uniform.

Add contents of the medium bowl to the large bowl, and stir until smooth and uniform. (Batter will be thick.)

Peel and shred zucchini. Fold into the batter, along with 1/4 cup chocolate chips.

Spread batter into the baking pan, and smooth out the top.

Bake until a toothpick (or knife) inserted into the center comes out mostly clean, 25 - 30 minutes.

Meanwhile, in a large bowl, combine all frosting ingredients *except* powdered sugar. With an electric mixer set to medium speed, beat until smooth, 1 - 2 minutes. Continue to beat while gradually adding powdered sugar. Beat until smooth, another 1 - 2 minutes. Cover and refrigerate.

Let brownies cool completely, about 1 hour.

Top brownies with frosting, and sprinkle with remaining 1/4 cup chocolate chips.

MAKES 16 SERVINGS

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