

“HEALTHIFIED” CHOCOLATE LOVERS BROWNIES

1 C. Sugar

1 (16oz) Yoplait original 99% Fat Free French Vanilla Yogurt

2 TBSP Canola Oil

2 tsp. Vanilla

3 Egg Whites

$\frac{3}{4}$ C. Flour

$\frac{1}{2}$ C Unsweetened Baking Cocoa

$\frac{1}{2}$ tsp Salt

1. Heat oven to 350 degrees and spray 8x8 or 9x9 square pan
2. Mix sugar, yogurt, oil, vanilla, and egg whites. Stir in all remaining ingredients.
3. Bake 25-30 minutes or until toothpick comes out clean.
4. Cool about 1 hr.
5. Cut 4 rows by 4 rows.
6. Yields 16 brownies

Each brownie = 105 calories

If you were to eat **one** brownie made from the Betty Crocker box mix it would equal

170 calories.