

Avocado Brownies

(serves 12)

Swapping saturated fats, like butter, with unsaturated fats, like oil and avocado, works well in some baked goods, but not others. Use recipes that have been tested for this purpose.



Ingredients

1 medium avocado
1 (4-oz) single-serve cup or 1/2 cup
unsweetened applesauce
1/2 cup cocoa powder
3/4 cup sugar

2 eggs
1/3 cup all-purpose flour
1/3 cup whole-wheat flour
1/4 tsp baking soda

Directions

1. Preheat oven to 350°F.
2. Wash hands.
3. Wash avocado. Run a knife around the pit, twist each side in opposite directions until they separate. Remove pit carefully. Scoop out avocado flesh into a medium bowl. Mash with a fork, potato masher, or food processor until smooth.
4. Stir in applesauce, cocoa powder, sugar, and eggs. Mix until smooth.
5. Stir in flours and baking soda until just moistened.
6. Pour into a greased 8 x 8-inch pan and bake for 35 minutes or until a toothpick inserted in the center is clean. (Toothpick may have a few chocolaty crumbs sticking to it, but is still cooked.)

Nutrition Facts per serving: 120 calories, 4g fat (1g saturated fat), 40mg sodium, 22g carbohydrate, 2g fiber, 3g protein

Recipe by Caitlin Mellendorf, MS, RD, Nutrition & Wellness Educator, 2019

The University of Illinois Extension Nutrition & Wellness program encourages individuals, families and communities to live healthier through in-person classes or online. Learn about managing diabetes and heart disease, safely preserving foods, being food-safe at home and making healthier choices when shopping, cooking and meal planning. More information is available at go.illinois.edu/dmp or find us on Facebook or Twitter @uie_DMP