



July 14- Zucchini Brownies

Not Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=474935>

Recipe

Ingredients:

- ½ cup applesauce
- 2 bananas, mashed
- 1 ½ cup sugar
- 2 teaspoon vanilla extract
- ½ cup cocoa powder
- 1 ½ teaspoon baking powder
- 1 ½ teaspoon baking soda
- ½ teaspoon salt
- 2 cups finely shredded zucchini
- 2 cups all-purpose flour
- ½ cup walnut pieces

Directions:

1. Preheat oven to 350°F. Grease and flour a 9"x13" baking pan.
2. In a large bowl, mix together the applesauce, mashed bananas and sugar.
3. Add vanilla and cocoa and mix together.
4. Add baking soda, salt and zucchini and mix together. Add flour walnuts and mix.
5. Spread mixture evenly into prepared pan. Bake for 25 minutes.

Yield 24 servings

Nutrition Facts

Serving Size 1 brownie (55.06g)
Servings Per Container 24

Amount Per Serving

Calories 140 **Calories from Fat** 30

% Daily Value*

Total Fat 3.5g **6%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 250mg **11%**

Total Carbohydrate 25g **8%**

Dietary Fiber 2g **6%**

Sugars 15g

Protein 2g **5%**

Vitamin A 0% • Vitamin C 4%

Calcium 6% • Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.