

Whole Wheat Brownies

By Chef Jen

Ingredients:

- ½ cup butter, melted
- 1 ½ cups packed, dark brown sugar
- ¾ cup Dutch-processed cocoa, sifted
- 1 tsp salt
- 1 tsp baking powder
- 1 tsp espresso powder or ground instant coffee
- 1 tbsp vanilla extract
- ½ cup plain apple sauce (unsweetened preferred)
- 4 large eggs, room temperature
- 1 ½ cups whole wheat flour (spooned and leveled)
- 2 cups bittersweet or semi-sweet chocolate chips

Preparation:

1. Preheat oven to 350°F. Light grease 13x9 inch pan. If desired, Line with parchment paper, prior to spraying.
2. In a microwave safe bowl, melt ½ cup butter. Option: melt in small sauce pan on low heat. When melted, mix in dark brown sugar. Transfer to stand mixer bowl (or large bowl if using hand held mixture) and let cool.
3. Sift cocoa into mixing bowl over the butter and sugar mixture. Carefully mix cocoa in, then add salt, baking powder, espresso powder, vanilla and applesauce. Mix well on low speed at first, then increase to medium speed until well incorporated. Using a silicon/rubber spatula, scrape down bowl as needed.
4. Mix in eggs, one at a time until all are well incorporated.
5. Using the spoon and level method, gently spoon whole wheat flour into measuring cups, level with knife and add to mixing bowl. Starting on low speed, mix flour in until almost incorporated. Scrape bowl well, then add chocolate chips. Mix well.
6. Pour and spread mixture into prepared pan. Bake for 30 minutes. Test for doneness with finger press or toothpick. Finger press option: Press finger into center of brownies. If done, product should spring back up without leaving indentation of finger. Toothpick option: Insert toothpick into center, it should come out without batter attached. Let cool on a wire rack then cut into 16 pieces. Lengthwise, cut down the middle, then cut each half into half (should have 4 equal parts.) Then turn pan vertically and repeat. If desired, enjoy with tall glass of nonfat milk or a small scoop of lite vanilla bean ice cream.



UNIVERSITY OF DELAWARE
**EMPLOYEE HEALTH
& WELLBEING**