

OLIVE OIL WALNUT BROWNIES

Prep Time: 10 minutes | Cook Time: 20 minute | Serves: 16

INGREDIENTS:

1/4 cup olive oil
3/4 cup sugar substitute (Stevia, Splenda, etc.)
1 teaspoon vanilla
2 whole eggs
1/4 cup low-fat Greek yogurt
1/2 cup whole wheat flour (or gluten-free substitute like almond flour)
1/3 cup unsweetened cocoa powder
1/4 teaspoon salt
1/3 cup walnuts

DIRECTIONS:

1. Wash hands with soap and water.
2. Preheat oven to 350°F. Spray 9x9" baking pan with baking spray or line the pan with parchment paper.
3. In a medium sized mixing bowl, whisk together the olive oil and sweetener until incorporated.
4. vanilla, eggs, and yogurt. Continue to mix until smooth.
5. In a separate bowl, sift together the flour, cocoa, and salt. Add dry ingredients to the wet ingredients and mix, gently, until just incorporated.
6. Fold in the walnut.
7. Add batter into the pan and add extra walnuts on top if desired. Bake until a toothpick comes out slightly clean (a little chocolate on it is ok) about 20-25 minutes.
8. Let cool and cut into 2-inch squares. Serve alongside 1/2 cup of fresh fruit.

NUTRITION FACTS

Serving Size: 1 small slice
(2-inch square)

Calories: 76
Total fat: 6 grams
Saturated fat: 1 gram
Trans fat: 0 gram
Cholesterol: 21 milligrams
Sodium: 45 milligrams
Total Carbohydrate: 5 grams
Dietary Fiber: 1 gram
Added Sugar: 0 grams



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