

Easy Chocolate Brownies

You don't need butter to make awesome chewy, fudgy brownies. This quick and easy recipe takes just 30 minutes start-to-finish, using whole wheat flour and... wait for it... olive oil! These are the only brownies I will ever make - so healthy and so delicious! Please toast the nuts first – it will do wonders for the flavor and you can use chocolate chips but dark chocolate chunks will provide more heart-healthy benefits... and more intense chocolate flavor. - *Jenny Jones*

Prep Time: 10 minutes

Cook Time: 20 minutes

Total Time: 30 minutes

Makes: 16



Ingredients:

- 1 cup whole wheat pastry flour
- 1/3 cup unsweetened cocoa powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt

- 5 Tablespoons oil of your choice (I use extra light olive oil)
- 6 Tablespoons plain 2% yogurt
- 1 cup sugar
- 2 eggs
- 1 teaspoon vanilla

- 1/2 cup toasted nuts, chopped (I mix pecans and walnuts)
- 1/4 cup dark chocolate chunks (or chocolate chips)

Instructions:

1. Preheat oven to 350° F.
2. Line a 9 x 9-inch square pan with foil, dull side up, leaving extra edges for lifting.
3. Sift dry ingredients onto wax paper.
4. In a bowl combine oil thru vanilla.
5. Stir in dry ingredients.
6. Stir in nuts and chocolate pieces.
7. Spread into baking pan, spreading batter to the edges.
8. Bake for 20 minutes, no longer. You're supposed to "cool in the pan on a wire rack" for about 2 hours... like that's going to happen!