

Breakfast Brownies

If you like my giant breakfast cookies you'll love these chewy brownies. Moist prunes are key to keeping these bars moist. If you can't find Sunsweet in a can you can pour boiling water over dried prunes in a bowl, cover and let stand for 15 minutes. Drain and chop. And if you can't find All Bran use another high fiber cereal.

Prep Time: 10 minutes

Cook Time: 20 minutes

Total Time: 30 minutes

Makes: 16



Ingredients:

1 cup whole wheat pastry flour

1 cup rolled oats

1/2 cup All Bran Original cereal

1/2 teaspoon baking soda

1/4 teaspoon baking powder

1/2 cup oil (I use extra light olive oil)

1/3 cup white sugar

1/3 cup brown sugar

2 eggs

1 teaspoon vanilla

3/4 cup chopped moist prunes (Sunsweet Premium in a can)

1/4 cup chocolate chips

Instructions:

1. Preheat oven to 350° F.
2. Grease a 9 x 9 square baking pan or line with foil.
3. Combine dry ingredients in a bowl and set aside.
4. With an electric mixer on high, beat oil, sugars, eggs & vanilla about 2 minutes until thick.
5. On low speed, fold in dry ingredients, prunes & chocolate chips. Mixture will be very thick.
6. With wet hands, press evenly into pan.
7. Bake for about 20 minutes.