

Jenny's Cinnamon-Glazed Apple Brownies

These healthy, moist, whole grain brownies are made without butter or oil and they're loaded with apples and toasted walnuts. This easy recipe takes two medium Granny Smith apples and the glaze is optional. - *Jenny Jones*

Prep Time: 15 mins **Cook Time:** 30 mins **Total Time:** 45 mins **Makes:** 12-16 servings

Ingredients:

- 1 cup whole wheat **pastry** flour
- 1/2 cup sugar
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon cinnamon
- 1/4 teaspoon salt
- 1/2 cup Greek yogurt (I use Fage 2% - never fat free)
- 1 egg
- 1/4 cup water
- 3 cups diced apple (1/2-inch pieces)
- 1/2 cup chopped toasted walnuts

Glaze: (optional)

- 1/2 cup powdered sugar
- 1/8 teaspoon cinnamon
- 1/4 teaspoon vanilla
- about 2 teaspoons milk

Instructions:

1. Preheat oven to 350°F.
2. Grease or line a 9 x 9-inch square pan with foil.
3. Sift dry ingredients into a bowl and set aside.
4. In a small bowl, combine yogurt, egg, and water until smooth.
5. Stir yogurt mixture into flour mixture.
6. Fold in apples and walnuts. Mixture will be very thick.
7. Spread evenly into pan and bake for 30 minutes.
8. Let cool for 10 minutes.
9. Combine glaze ingredients and spread over top.