



CHERRIES JUBILEE BROWNIES



INGREDIENTS

- Nonsitck Cooking Spray
- 1/4 cup canola oil
- 2/3 cup bittersweet chocolate chips (4 ounces), melted
- 1/2 cup granulated sugar
- 1/2 cup **spinach puree**
- 2 large egg whites
- 2 teaspoons pure vanilla extract
- 2/3 cup all-purpose flour
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1 (10-ounce) bag "no sugar added" frozen cherries, defrosted, liquid drained (about 1 1/2 cups cherries)

Topping

- 1/4 cup fat-free cream cheese
- 1 tablespoon all-purpose flour
- 1 tablespoon confectioners' sugar
- 1 large egg white
- 1 teaspoon pure vanilla extract

PREP TIME: 20 MINS
COOK TIME: 40 MINS
TOTAL TIME: 1 HOUR
YIELD: 12 BROWNIES

DIRECTIONS

1. Preheat the oven to 350 degrees F. Coat an 8 X 8-inch baking pan with cooking spray. In a large bowl, combine the oil, chocolate chips, sugar, spinach puree, egg whites, and vanilla. Blend until smooth. Add the flour, baking powder, and salt. Blend on low speed, 1 to 2 minutes until smooth. Stir in the cherries. Transfer the batter to the pan and smooth with a rubber spatula.
2. Make the topping. In a separate bowl, blend the cream cheese, flour, and confectioners' sugar. Add the egg white and vanilla and mix until creamy.
3. Dot the cream cheese mixture on top of the batter. Run a toothpick through the cream cheese mixture to make swirls. Bake until edges of the brownies are firm but the center is still soft, 35 to 40 minutes. Cool completely in the pan and then cut into 12 squares.

1 serving = one brownie

Calories: 184, Carbohydrate: 25 g, Protein: 3.5g,
Total Fat: 8.5 g, Saturated Fat: 2.5 g, Sodium:
110 mg, Fiber: 1.5 g

Spinach Puree

Prep: No prep at all for the baby spinach. For mature spinach, fold leaves in half lengthwise with the stem outside, then strip the stem off the leaf

Cook: Steam for 30 to 40 seconds or cook in a skillet with 1 tablespoon water for about 90 seconds or just until wilted.

Puree: Use a food processor or blender for about 2 minutes, until smooth and creamy.

Source: Double Delicious by Jessica Seinfeld