

One Bowl Brownies

International Chocolate Day is September 13th and good thing dark chocolate has antioxidant properties which reduce inflammation. Consuming a 50-gram bar of dark chocolate has 5.5g of fiber. 25% of the daily value of magnesium and 98% of the daily value of copper.

Ingredients:

½ cup whole wheat flour
½ cup cocoa powder
1 tbsp honey (optional)
1 tsp baking powder
1 egg
¼ cup almond milk
¾ cup non fat Greek yogurt
3 tablespoons chocolate chips

Directions:

1. In a large bowl combine all ingredients. Mix thoroughly
2. Bake at 350 for 50 minutes *brownies will be more like a fudge consistency
3. Let sit for 30 minutes before cutting
4. Serve with fresh fruit for a fiber boost

Dietitian Tip:

Use gluten free flour if you have an allergy or add nuts or seeds for a boost of omega 3s!



Yield: 9 servings

Nutrition Facts:

50 Calories; 2.5g Fat (1g Saturated Fat; 0 g Trans Fat); 20mg Cholesterol; 75mg Sodium; 6g Carbohydrate (2 g Fiber, 3 g Sugar, 0g Added Sugar); 4g Protein; 2% Daily Value (DV) Vitamin D; 6% DV Calcium; 6% DV Iron; 2% DV Potassium