

Mini Brownie Bites

Any chocolate lovers dream. You'll be surprised these are low-fat because they are packed with all the same satisfying chocolate flavour. So have you cake and eat it too!

Ingredients

- 1/2 cup (125mL) all purpose flour
- 1/2 cup (125mL) whole wheat flour
- 1 teaspoon (5mL) baking powder
- 1/2 cup (125mL) cocoa
- 2 tablespoons (30mL) vegetable oil
- 1-1/4 cup (310mL) sugar
- 1 egg
- 1/2 cup (125mL) fat-free plain yogurt or unsweetened apple sauce
- 2 teaspoons (10mL) vanilla

Directions

1. Preheat oven to 350 F.
 2. In a bowl sift flours, cocoa, and baking powder.
 3. In medium bowl combine oil, sugar, egg, yogurt and vanilla.
 4. Add flour mixture to wet mixture and mix until just combined.
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5. Lightly grease 24 mini muffin cups. Fill cups 3/4 full with batter.
 6. Bake for 18-20 minutes or until toothpick or cake tester comes out clean.

Makes 2 dozen

Submitted by Robert Dant