

build a better BROWNIE

An energizing brownie? Believe it:
This rich, flourless treat has protein
and fiber to keep you fully charged.

Recipe developed by **GENEVIEVE KO**

Prefer them
less sweet?
Skip the
chocolate
chips.

Super squares!
They're fudgy
but not at all dense
(that's thanks
to the whipped
egg whites).

3g
of protein
per serving

Olive oil
and almonds
give a double
shot of
healthy fats.



sliced almonds

Use these in place of flour; they give you nearly twice the protein and a richer flavor.



unsweetened cocoa powder

One word: antioxidants. Buy regular or "natural" cocoa, not Dutch-process, to get the biggest hit of them.



unsweetened chocolate

Just 1 ounce lends an intense chocolate taste with no additional sugar.



almond milk

Avoiding dairy? This is creamy, with plenty of calcium plus vitamins D and E.



Medjool dates

You cut down on refined sugar—and amp up flavor—with this moist, fiber-packed dried fruit.

Fudgy Flourless Brownies

Prep: 15 minutes

Cook: 30 minutes

Yield: 9 brownies

- 1/2 cup sliced almonds
- 1/2 cup unsweetened cocoa powder
- 1/2 cup sugar
- 1 oz. unsweetened chocolate, chopped
- 1/2 tsp. baking soda
- 1/4 tsp. salt
- 1/2 cup packed pitted Medjool dates
- 1/4 cup unsweetened almond milk
- 2 Tbsp. extra-virgin olive oil
- 1 tsp. vanilla extract
- 2 large egg whites
- 2 Tbsp. mini chocolate chips, optional

1 Preheat oven to 325°F. Line an 8-inch square pan with foil, allowing a 1-inch overhang. Coat with cooking spray.

2 In a food processor, blend almonds, cocoa, sugar, chocolate, baking soda and salt until ground. Pulse in dates, almond milk, oil and vanilla until a smooth paste forms.

3 Beat egg whites until medium peaks form. Stir in one-third of almond mixture, then fold in remaining mixture. Spread in baking pan and sprinkle with chocolate chips, if desired.

4 Bake until a toothpick inserted 1 inch from edge comes out almost clean, about 30 minutes. Let cool in pan on a wire rack.

PER SERVING (1 brownie): 169 Calories, 8g Fat (2g Sat.), 0mg Chol., 4g Fiber, 3g Pro., 26g Carb., 154mg Sod., 20g Sugar, 2mg Iron, 37mg Calcium

