



Cent\$ible Nutrition Program

Helping Families Eat better for Less

Brownies*

- 2 eggs
- 1 tablespoon water
- 1 teaspoon vanilla
- 1 cup sugar
- 1/3 cup cocoa
- 1 1/3 cup MASTER MIX
- 1/2 cup chopped nuts (optional)

1. Beat eggs and water together until fluffy.
2. Stir in vanilla, sugar, and cocoa.
3. Add MASTER MIX and blend well.
4. Fold in nuts. Spread in a greased 8x8-inch pan.
5. Bake at 350° F for about 30 minutes. Makes 16 brownies.

Nutrition Facts

Serving Size: 1 brownie (33g)
Servings: 16

Amount Per Serving

Calories 110 **Calories from Fat** 25

% Daily Value*

Total Fat 3g **4%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 25mg **9%**

Sodium 75mg **3%**

Total Carbohydrate 20g **7%**

Dietary Fiber 1g **5%**

Sugars 13g

Protein 2g

Vitamin A 0% ■ Vitamin C 0%

Calcium 4% ■ Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet.

*Recipe can be found in the Cent\$ible Nutrition Cookbook available for purchase. Log on to [www.uwyo.edu/cent\\$ible](http://www.uwyo.edu/cent$ible) for more information.



TV Show

Cent\$ible Nutrition Program University of Wyoming Family and Consumer Sciences

Dept 3354; 1000 E. University Ave.; Laramie, WY 82071

Visit us on the web: [www.uwyo.edu/cent\\$ible](http://www.uwyo.edu/cent$ible)

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