**SENSIBLY DELICIOUS BROWNIES**

**HEALTH CONCERN: OBESITY**

**Ingredients:**

1 ½ c. flour

1 c. sugar

¾ c. unsweetened cocoa

1 tsp. baking powder

1 tsp. salt

¼ c. skim milk

½ c. light corn syrup

1 whole egg

2 egg whites

½ c. canola oil

1 tsp. vanilla

**Directions:**

1. Spray 2 muffin tins with non-stick cooking spray.
2. Preheat oven to 350°.
3. In a mixing bowl combine flour, sugar, cocoa, baking powder and salt. Mix thoroughly.
4. In another mixing bowl combine oil, milk, corn syrup, egg, egg whites and vanilla. Mix thoroughly.
5. Combine the liquid and the dry mixtures together and stir.
6. Place brownie mix into the greased muffin tins.
7. Bake for 16-18 minutes or until set, but soft.

Makes 16 “muffin” brownies