

Peppermint Brownies



Makes: 16 brownies

Ingredients:

- 1 cup sugar
- 1/3 cup olive oil
- 1 tsp vanilla
- 1/2 tsp peppermint extract
- 3 egg whites
- 2/3 cup all-purpose flour
- 1/2 cup cocoa
- 1/2 tsp baking powder
- 1/4 tsp salt
- 2 tbsp crushed peppermint candy

Chocolate glaze:

- 2/3 cup powdered sugar
- 2 tbsp cocoa
- 3 – 4 tsp hot water
- 1/4 tsp vanilla

Procedure:

- Preheat oven to 175°C/ 350°F.
- Grease a square pan with olive oil.
- Mix sugar, oil, vanilla, peppermint extract and egg whites in medium bowl.
- Stir in remaining ingredients except Chocolate glaze and candy.
- Spread in the pan. Bake 20 – 25 minutes; cool.
- Spread Chocolate Glaze evenly over brownies.
- Sprinkle with candy,
- Cut into about 2" squares.

Per serving:

- Calories: 125
- Protein: 1 gm
- Carbohydrates: 22 gm
- Fat: 4 gm