

Miss Whisk-Wise

Dessert



[37 Calorie Brownies](#)

Recipe & Photo from Broma Bakery By Sarah
Author: The Londoner

Prep time 10 mins Cook time 15 mins Total time 25 mins
Serves: 9 brownies

Ingredients

- ¾ cup nonfat greek yogurt (Fage 0%)
- ¼ cup skim milk
- ½ cup Cocoa powder
- ½ cup Old fashioned rolled oats (like Quaker)
- ½ cup Truvia Baking Blend (or any natural/stevia based sweetener that pours like sugar)
- 1 egg
- 1 teaspoon baking powder
- 1 pinch salt

Instructions

1. Preheat the oven to 400°F. Grease a square baking dish (I used 8"x8").
2. Combine all ingredients into a food processor or a blender, and blend until smooth (about 1 minute).
3. Pour into the prepared dish and bake for about 15 minutes. Allow to cool completely before cutting into 9 large squares.

Featured here is the 37 Calorie Brownie

<http://bromabakery.com/2013/04/37-calorie-brownies-and-no-im-not.html>

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