

Low fat Fudgy Brownies

4 ounces unsweetened chocolate

½ cup prune puree or baby food prunes

3 large egg whites

1 cup sugar

1 teaspoon salt

1 teaspoon vanilla

½ cup flour

¼ cup chopped walnuts

Preheat oven to 350 degrees. Coat an 8-inch baking pan with vegetable cooking spray. Cut chocolate into 1 inch pieces and place in a heatproof bowl. Melt chocolate in a double broiler or microwave oven. Stir occasionally until chocolate is melted. Remove from heat; set aside. In a mixer bowl, combine all ingredients except flour and walnuts; beat to blend thoroughly. Mix in flour, Spread batter in prepared pan; sprinkle with walnuts. Bake about 30 minutes until springy to the touch about 2 inches around the edges. Cool on rack. Cut into 1 ½ inch squares.

Makes 3 dozen brownies

Per serving:

Calories: 55

Carbohydrate: 9 grams

Fiber: 1 gram

Fat: 2 grams

Sodium: 70 milligrams

Cholesterol: 0 milligrams