

Low~Cal Black Forest Brownies



A rich, chocolate dessert that is just 4 Weight Watcher® points per brownie

Makes 16

non~stick cooking spray	1/8t salt	1t almond extract	3T walnuts, chopped
3/4c + 2T flour	1c sugar	1 large egg	1/2c powdered sugar
1/4t baking powder	2/3c cocoa	1 large egg white	1/2t almond extract
1/4t baking soda	1/4c butter, melted	1/4c dried cherries	2t water
	2T water		

Preheat oven to 350. Soften cherries in 1/4c boiling water for 5 minutes. Drain, reserving water.

Spray bottom of 8" square baking pan with non~stick spray.

Combine flour, baking powder, baking soda and salt in medium bowl. In separate bowl, combine sugar, cocoa, butter, 2T water (use water that cherries soaked in), almond extract, egg and egg white. Stir well.

Add wet ingredients to dry ingredients and stir until just moistened. Stir in cherries and walnuts and spread in bottom of prepared pan.

Bake 30 minutes or until toothpick inserted in middle comes out almost clean.

Cool completely.

Stir together powdered sugar, almond extract and 2t reserved cherry water until glaze forms. Drizzle over brownies and let harden before cutting.

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