

Guilt-Free Mini Brownies

Brownies without the guilt? Oh, yeah! These chewy, chocolatey bites will satisfy your sweet tooth in a second.

Semi-sweet chocolate baking squares (1 oz., 28 g, each), coarsely chopped	2	2
Granulated sugar	1 cup	250 mL
All-purpose flour	2/3 cup	150 mL
Cocoa, sifted if lumpy	1/2 cup	125 mL
Salt	1/4 tsp.	1 mL
Large egg	1	1
Egg whites (large)	2	2
Whole cranberry sauce	1/2 cup	125 mL
Canola oil	2 tbsp.	30 mL

Preheat oven to 350°F (175°C). Put chocolate into small microwave-safe bowl. Microwave, uncovered, on medium (50%) for about 90 seconds, stirring every 30 seconds, until almost melted. Do not overheat. Stir until smooth.

Meanwhile, measure next 4 ingredients into medium bowl. Stir. Make a well in centre.

Whisk remaining 4 ingredients and melted chocolate in small bowl until combined. Add to well. Stir until just moistened. Fill 24 greased mini-muffin cups 3/4 full. Bake for about 15 minutes until wooden pick inserted in centre of brownie comes out moist but not wet with batter. Do not overbake. Makes 24 mini-brownies.

1 mini-brownie: 81 Calories; 2.2 g Total Fat (0.8 g Mono, 0.4 g Poly, 0.7 g Sat); 8 mg Cholesterol; 15 g Carbohydrate; 1 g Fibre; 1 g Protein; 34 mg Sodium

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