

Dark Chocolate and Cherry Brownies

(Makes 16 servings)

This recipe is perfect for Valentine's Day and will fulfill all your chocolate cravings with heart-healthy ingredients.



Ingredients:

- Cooking Spray
- $\frac{3}{4}$ cup whole wheat pastry flour
- 1 cup granular no-calorie sweetener
- $\frac{3}{4}$ cup unsweetened cocoa powder
- 1 teaspoon baking powder
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{3}$ cup cherry preserves, sugar-free
- $\frac{1}{3}$ cup water
- 5 tablespoons canola oil
- 1 large egg, lightly beaten
- 1 large egg white
- $\frac{1}{4}$ cup semisweet chocolate chips

Directions:

- 1) Preheat oven to 350°F.
- 2) Line a 9-inch square baking pan with parchment paper; coat with cooking spray.
- 3) Weight or lightly spoon flour into dry measuring cups; level with a knife. Combine flour, sugar, unsweetened cocoa, baking powder, and salt in a large bowl; stir with a whisk.
- 4) Combine cherry preserves, water, and oil in a small saucepan; bring to a boil.
- 5) Add preserves mixture to flour mixture; stir well. Add egg and egg white; stir until smooth. Stir in semisweet chocolate chips.
- 6) Scrape batter into prepared pan. Bake at 350°F for 25 minutes or until a wooden pick inserted in center comes out with a few moist crumbs. Cool in pan on wire rack.

Nutritional Analysis: (per serving)

- Calories: 110
- Total Fat: 6 g
- Saturated Fat: 1 g
- Protein: 2 g
- Carbohydrates: 13 g
- Dietary Fiber: 1 g
- Cholesterol: 0 mg
- Sodium: 150 mg
- Sugars: 4 g

Source:

*Cooking Light, September 2008
(modified to meet GO! Foods criteria)*