

# LOW CALORIES BROWNIES



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3/4 cup nonfat Greek yogurt (I used vanilla)

1/4 cup skim milk

1/2 cup Cocoa powder

1/2 cup Old fashioned rolled oats (like Quaker)

1/2 cup Truvia (or any natural/stevia based sweetener that pours like sugar)

1 egg

1/3 cup applesauce

1 teaspoon baking powder

1 pinch salt

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