



37 Calorie Brownies

- 3/4 cup nonfat Greek yogurt (vanilla)
- 1/4 cup skim milk
- 1/2 cup cocoa powder
- 1/2 cup old fashioned rolled oats (like Quaker)
- 1/2 cup Truvia
(any natural/stevia based sweetener that pours like sugar)
- 1 egg
- 1/3 cup applesauce
- 1 tsp. baking powder
- 1 pinch salt

Preheat the oven to 400 degrees. Grease a square baking dish (8" x 8").

Combine all ingredients into a food processor or 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.