



PUMPKIN SWIRL BROWNIES

ingredients:

Vegetable oil cooking spray	1 box chocolate brownie mix (18 ounces)
3 ounces (6 tablespoons) reduced-fat cream cheese	2 tablespoons canola oil
1/4 cup canned 100% pure pumpkin	1/3 cup plain fat-free Greek yogurt
1/4 cup sugar	1 egg
1 teaspoon vanilla extract	1/4 cup water
1/2 teaspoon pumpkin pie spice	

directions:

1. Preheat oven to 350 degrees and coat a 9-by-9-inch pan with cooking spray.
2. In a bowl, blend together cream cheese and pumpkin until smooth. Add sugar, vanilla, and pumpkin pie spice; mix to combine.
3. In a separate bowl, stir together brownie mix, oil, yogurt, egg, and water until just combined. Pour brownie batter into prepared pan.
4. Distribute pumpkin mixture in dollops evenly over brownie batter and swirl several times with a knife, creating a marble design.
5. Bake 40 to 45 minutes, or until a wooden pick inserted in the center comes out with a few moist crumbs.
6. Allow brownies to cool completely on a wire rack and cut into 16 pieces.

Yield: 16 servings

Nutrition Information Per Serving:

173 Calories
5 grams Fat
1 gram Saturated Fat
16 mg Cholesterol
135 mg Sodium
31 grams Carbohydrates
1 gram Fiber
3 grams Protein

Food exchanges:
2 starch, 1/2 fat



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