



## Skinny Double-Fudge Brownies

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Recipe Source: [www.chelseasmessyapron.com](http://www.chelseasmessyapron.com)

### Ingredients:

½ cup creamy peanut butter  
2 Tbsp honey  
2 Tbsp packed brown sugar  
1 tsp vanilla extract  
½ cup unsweetened applesauce  
1 large egg  
¼ cup + 1 Tbsp oat flour (oats that have been ground – measure after grinding)  
¼ cup cocoa powder  
¼ tsp baking soda  
½ tsp baking powder  
Dash salt  
½ cup + ¼ cup dark chocolate chips, divided

### Steps:

- Preheat the oven to 350°F. Line an 8x8 baking dish with parchment paper (do not grease). Set aside.
- After grinding old-fashioned rolled oats to make the oat flour, measure the ¼ cup plus 1 Tbsp into a small bowl.
- Add the cocoa powder, baking soda, baking powder, and salt. Stir to combine. Stir in the ½ cup chocolate chips. Set aside.
- In a large bowl, beat together the peanut butter, honey, brown sugar, and vanilla. Beat in the applesauce and egg until well combined.
- Using a wooden spoon, and a light hand, stir the dry ingredients into the wet ingredients just until combined. Do not over-stir.
- Spread the batter evenly into the baking dish. Sprinkle the remaining ¼ cup chocolate chips over the mixture.
- Bake 20-22 minutes, or until lightly puffy. A toothpick stuck halfway between the middle and edge should come out with moist crumbs.
- Cool in pan 5-10 minutes. Holding the parchment paper, gently lift the brownies from the pan and set on a cooling rack to cool completely.

*Tips from the Test Kitchen: This recipe yields a slightly cakey brownie, not a dense brownie. It is very moist with rich chocolate flavor! Natural peanut butter works well.*



**Nutritional Facts (per serving):** Calories: 194, Carbohydrates: 21 grams, Protein: 5 grams, Total Fat: 11 grams, Saturated Fat: 4 grams, Cholesterol: 21 mg, Sodium: 133 mg, Fiber: 2 grams, Total Sugars: 11 grams.