

FUDGE BROWNIE



Recipe developed by Chef Paige Vondran

DIRECTIONS

- Preheat oven to 350° F.
- In a small bowl, melt the butter.
- Measure the canola oil, egg and chocolate syrup in the bowl with the butter.
- Stir together using a small rubber spatula.
- Add in the soy flour and erythritol.
- Stir thoroughly.
- Spray a cupcake or brownie baking pan with nonstick cooking spray.
- Pour the brownie batter into the baking pan. Spread evenly.
- Bake for 15-20 minutes.
- Remove from the oven and allow to cool before removing from the pan.

NOTES

- When adjusting, the egg should be approximately 2 grams less than the soy flour. If too much egg is added, the brownies will have an egg-like texture.
- A sugar-free sweetener can be substituted for the erythritol.

INGREDIENTS

	Ingredients	Exchanges
Protein	9.9g Bob's Red Mill® soy flour	3.2 (+1.6g fat)
	----- 7.5g fresh whole egg	----- 0.5 (-0.5g fat)
Fat	6.1g butter	1 (+1.1g)
	----- 4g canola oil	----- 1
Carbohydrate	1.7g unsweetened cocoa powder	1.3
Other	4g erythritol	
	----- 2 tsp. Walden Farms® chocolate syrup	