

Royal Brownies, Whole Wheat

Desserts

HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 62
USDA C-21, modified

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Salad Oil		1½ cup			1. Cream oil, sugar, vanilla and applesauce in mixer with paddle attachment for 5 minutes on medium speed. Scrape down sides of bowl.
Sugar, granulated	3 lb + 4 oz				
Vanilla Extract		1 Tbsp			
Applesauce, unsweetened	2 lb + 8 oz	4½ cup			2. Add eggs and mix for 1 minute on medium speed. Scrape down sides of bowl.
Egg Whites, raw	1 lb + 8 oz	20 large			
Flour, white whole wheat	1 lb + 14 oz				3. In a separate bowl, combine flour, cocoa and baking soda. Mix for 1 minute on medium speed. 4. Add dry mixture to creamed ingredients and mix for 30 seconds on low speed, then for 1 minute on medium speed. Batter will be very thick. 5. Spread batter evenly in a full sheet pan (18" x 26" x 1") which has been lightly coated with pan release spray.
Cocoa Powder, unsweetened	12 oz				
Baking Soda	2 Tbsp				
Pan Release Spray		As needed			
Powdered Sugar		2 Tbsp – ¼ cup			6. Bake until set but still moist in the center: * Conventional oven: 350° F for 20-30 minutes * Convection oven: 300° F for 18-25 minutes 7. Cut each pan 10 x 10. Optional: Brownies may be lightly dusted with powdered sugar.

Serving Size	1 Serving Provides	Yield
1 each	0.5 unit G/B	1 sheet pan

Nutrients Per Serving

Calories	130	Vitamin A	3.29 IU	Iron	0.97 mg
Protein	2.51 gm	Vitamin C	0.14 mg	Calcium	9.45 mg
Carbohydrate	24.26 gm	Fiber	2.25 gm	Cholesterol	0 mg
Fat	3.89 gm	% Fat	26.96 %	Sodium	87.87 mg
Saturated Fat	0.77 gm	% Saturated Fat	5.35 %		