



## STOUT BROWNIE

### INGREDIENTS:

3/4 cup	Flour
1/3 cup	Cocoa powder, unsweetened
1/2 tsp.	Baking powder
1/4 tsp.	Salt
1/4 cup	Semi-sweet mini baking morsels
2 T.	Butter, unsalted, melted
2 T.	Yogurt, Greek plain fat free
1 cup	Sugar
2 tsp.	Pure vanilla extract
1 each	Egg
1 cup	Dark beer (Guinness)

### PREPARATION:

- Preheat oven to 350°F.
- In medium bowl, combine flour, salt, sugar, baking powder, and cocoa powder.
- Then mix egg, vanilla, yogurt, beer, and melted butter.
- Mix the wet ingredients into the dry.
- Fold in chocolate chips.
- Then place mix in bottom of lightly greased 9x13 pan.
- Bake for about 15-20 minutes or just until the brownie slightly puffs up and a tooth - pick inserted comes out sticky.

Servings: 12

Serving Size: 1/12

Calories: 130

Fat: 3.5 grams

Sodium: 80 milligrams

Carbohydrates: 24 grams

Fiber: 1 gram

Protein: 3 grams