

Uploaded to VFC Website → → January 2013 ← ←

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

Veterans-For-Change

Veterans-For-Change is a 501(c)(3) Non-Profit Corporation Tax ID #27-3820181

If Veteran's don't help Veteran's, who will?

We appreciate all donations to continue to provide information and services to Veterans and their families.

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78

Note:

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members.



Swirled Cheesecake Brownies

Prep Time: 25 mins Cook Time: 20 mins Rest Time: 1 h

Total Time: 1 h 45 mins

Ingredients

→ 4 ounce(s) cream cheese, reduced-fat, (Neufchatel)

> 1/4 cup(s) sugar, granulated

1 large egg(s)

1 tablespoon flour, all-purpose

➤ 1 tablespoon yogurt, fat-free plain

➤ 1/2 teaspoon vanilla extract

2/3 cup(s) flour, whole-wheat pastry

> 1/2 cup(s) cocoa powder, unsweetened

➤ 1/4 teaspoon salt

➤ 1 large egg(s)

2 large egg white(s), or 4 teaspoons dried egg whites, reconstituted according to package directions

➤ 1 1/4 cup(s) sugar, brown, light, packed

> 1/4 cup(s) oil, canola

> 1/4 cup(s) coffee, strong, or prepared instant coffee, or black tea

2 teaspoon vanilla extract

Preparation

1. Preheat oven to 350° F. Coat a 7-by-11-inch brownie pan or baking pan with cooking spray.

To prepare topping:

2. Place cream cheese in a small mixing bowl and beat with an electric mixer until smooth and creamy. Add sugar and beat until smooth. Add egg, flour, yogurt and vanilla; beat until well blended.

To prepare brownie layer:

- 3. Whisk whole-wheat flour, cocoa and salt in a bowl. Place egg, egg whites and brown sugar in a large bowl and beat with the electric mixer on medium speed until smooth. Add oil, coffee (or tea) and vanilla; beat until well blended. Add the dry ingredients and beat on low speed just until well blended, stopping once to scrape down the sides.
- 4. Scrape about half of the brownie batter into the prepared pan. Slowly pour the topping evenly on top. Drop the remaining brownie batter in large dollops over the topping. Draw the tip of a sharp knife or skewer through the two batters to create a swirled effect.
- 5. Bake the brownies until the top is just firm to the touch, about 20 minutes. Let cool completely in the pan on a wire rack. Coat a knife with cooking spray and cut into 24 bars.

