



# Pumpkin Swirl Brownies

## Ingredients:

### Brownie Mixture:

- 1¼ cup whole wheat flour
- ¾ teaspoon baking powder
- pinch of salt
- ¾ cup unsweetened cocoa powder
- ¾ cup unsweetened applesauce
- ½ cup honey
- 3 egg whites
- ¼ cup of milk
- 2 teaspoons vanilla extract
- ¾ cup pecans, walnuts, or almonds

### Cream Cheese Swirl:

- 3oz fat-free cream cheese
- 1 tablespoon unsweetened applesauce
- ¼ cup of honey
- 1 egg white
- 1 cup pumpkin puree
- 1 teaspoon vanilla extract
- 1 tablespoon whole wheat flour
- cooking spray

## Instructions:

1. Preheat the oven to 325 degrees F.
2. Cover a 9x13 baking sheet with foil.
3. In a medium mixing bowl, whisk together the cream cheese, 1 Tablespoon of applesauce, ¼ cup of honey until a unified mixture is formed.
4. Add in the egg white, pumpkin puree, vanilla, and flour until well combined. Set aside.
5. In a second bowl combine flour, baking powder, salt, and cocoa powder.
6. In a third bowl, whisk together the applesauce, honey, egg whites, milk, and vanilla extract.
7. Slowly mix in the dry flour mixture to the applesauce mixture. Mix until well combined.
8. Spread the chocolate mixture into the baking dish.
9. Spoon in the cream cheese mixture into large piles on top of the chocolate. Using a spatula, gently swirl the cream cheese into the chocolate.
10. Sprinkle with walnuts or almonds if desired.
11. Bake for ~60 minutes or until a toothpick comes out clean. Baking times vary depending on baking dish and oven temperature, test after 45 minutes.

## Variations:

- Instead of pumpkin you could add 2 tablespoons peanut butter for a nutty twist.
- Stir chocolate chips into the chocolate mixture for some extra chocolaty flavor.
- Add a teaspoon of cinnamon and a teaspoon of pumpkin spice for some extra spice.

**Prep Time:** 25 minutes

**Cooking Time:** 60 minutes

## Equipment:

9x13 baking pan  
foil  
whisk  
measuring cups and spoons  
stirring spoon  
oven  
spatula

**Servings:** 36 servings

**Serving Size:** 2 x 2 ½ inch piece



**Nutrition Facts:** 70 Calories, 2 g Fat, 0 g Saturated Fat, 12 g Carbohydrates, 2 g Protein, 2 g Fiber, 6 g Sugar, 45 mg Sodium.

Check out our blog at [www.cookingoncampus.arizona.edu](http://www.cookingoncampus.arizona.edu) to find past recipes and a list of upcoming classes!

For more info about nutrition and what to eat on campus, go to [www.health.arizona.edu](http://www.health.arizona.edu), click Health Promotion, then Nutrition.

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